APPLESAUCE

PREP 1 hour **COOK** 25 minutes
PROCESS 15 minutes

- 4 lb. cooking apples, cored and quartered (12 cups)
- 1 cup water
- 2 Tbsp. fresh lemon juice, strained
- 6 to 10 Tbsp. granulated sugar

1. In a 4- to 6-qt. heavy pot combine apples, the water, and lemon juice. Bring to boiling; reduce heat. Simmer, covered, 25 to 30 minutes or until apples are very tender, stirring often.
2. Press apples through a food mill or sieve. Return pulp to pot; discard skins. Stir in sugar to taste. If necessary, add ¼ to ½ cup water for desired consistency. Bring to boiling.
3. Ladle hot applesauce into hot, clean pint or half-pint canning jars, leaving a ½-inch headspace. Process in a boiling-water canner 15 minutes (tips, p. 6–9). **Makes 3 pints or 6 half-pints.**

PER ½ CUP *81 cal., 0 g fat, 0 mg chol., 1 mg sodium, 21 g carb., 2 g fiber, 18 g sugars, 0 g pro.*



SPICED APPLESAUCE

Prepare as directed, except add 5 inches stick cinnamon and ¾ tsp. apple pie spice in Step 1. Simmer as directed. Remove stick cinnamon; discard. Substitute packed brown sugar for the granulated sugar.

VERY BERRY APPLESAUCE

Prepare as directed, except replace ½ lb. (2 cups) of the apples with ½ lb. (2 cups) fresh or frozen thawed raspberries and/or strawberries and decrease the water to ¾ cup.

TO STORE IN FREEZER OR REFRIGERATOR
Place pot of applesauce in a sink filled with ice water; stir to cool. Ladle into clean wide-mouth half-pint or quart freezer containers, leaving a ½-inch headspace. Freeze up to 8 months (tips, p. 4) or refrigerate up to 2 weeks.

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ean pint or half-pint
ng jars, leaving a ½-inch
space. Process in a
g-water canner 15 minutes
p. 6–9). **Makes 3 pints or
f-pints.**
CUP 81 cal., 0 g fat, 0 mg
1 mg sodium, 21 g carb.,
ber, 18 g sugars, 0 g pro.



TO STORE IN FREEZER OR REFRIGERATOR
Place pot of applesauce in a sink filled with ice water; stir to cool. Ladle into clean wide-mouth half-pint or quart freezer containers, leaving a ½-inch headspace. Freeze up to 8 months (tips, p. 4) or refrigerate up to 2 weeks.



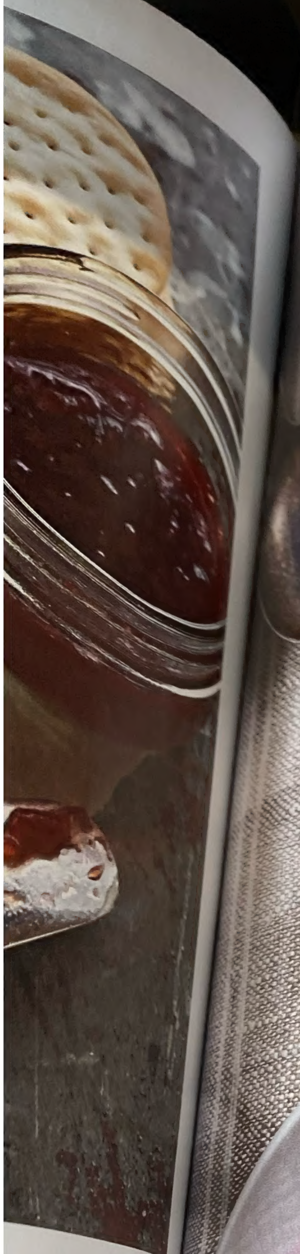
STAY FRESH
A solution of ascorbic acid color-keeper prevents the pear slices from oxidizing and turning brown during preserving. It's also useful when canning or freezing other fruits that oxidize quickly, such as peaches and apples. Look for it with canning supplies and online. Follow package directions.

HONEY-CINNAMON PEARS

PREP 50 minutes
PROCESS 20 minutes

Ascorbic acid color-keeper
- 3 lb. pears (about 8)
- 1 cup pear nectar
- ¾ cup water
- ½ cup honey
- ¼ cup lemon juice
- 1 3-inch cinnamon stick, broken into three pieces
- 6 whole cloves
- ⅛ tsp. salt

1. Prepare ascorbic acid color-keeper according to package directions. Wash, peel, halve, and core pears, placing in color-keeper solution as you peel and cut them.
2. For syrup, in a 4- to 6-qt. pot combine remaining ingredients. Bring to boiling. Drain pear halves; add to syrup. Return to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until pears are almost tender, stirring occasionally.
3. Divide cinnamon pieces and pears among hot, clean pint canning jars, leaving a ½-inch headspace. Ladle hot syrup over pears, maintaining the ½-inch headspace. Process in a boiling-water canner 20 minutes (tips, p. 6–9). **Makes 3 pints.**
PER PEAR HALF 97 cal., 0 g fat, 0 mg chol., 22 mg sodium, 26 g carb., 3 g fiber, 21 g sugars, 0 g pro.





USE IT UP
Serve these flavorful plums with a simple scoop of vanilla frozen yogurt or lemon sorbet.

VANILLA-CITRUS PLUMS

PREP 1 hour
PROCESS 20 minutes

- 2 lb. plums
- 1 lemon
- 2½ cups water
- 1¼ cups sugar
- ⅛ tsp. salt
- ½ of a vanilla bean, split lengthwise

1. Quarter and pit plums. Using a vegetable peeler, cut 2-inch strips of peel from half of the lemon (one strip for each jar). Using a paring knife, scrape any white pith from strips of peel. Squeeze juice from lemon; measure 3 Tbsp. juice.

2. For syrup, in a 4- to 6-qt. pot combine the 3 Tbsp. lemon juice, the water, sugar, and salt. Scrape seeds from vanilla bean half; add to syrup. Discard pod. Bring to boiling, stirring to dissolve sugar.

3. Pack plums and lemon peel into hot, clean pint canning jars, leaving a 1-inch headspace. Ladle hot syrup over plums, maintaining the 1-inch headspace. Process in a boiling-water canner 20 minutes (tips, p. 6–9).

Makes 3 to 4 pints.

PER 2 PLUM QUARTERS 82 cal., 0 g fat, 0 mg chol., 18 mg sodium, 21 g carb., 1 g fiber, 20 g sugars, 0 g pro.

FREEZE it

repare as directed
ugh Step 2. Transfer
airtight containers,
eaving a ½-inch
dspace. Freeze up
months (tips, p. 4)
efrigerate up to
2 weeks.



1. PEACHY CHICKEN PASTA SALAD

START TO FINISH 30 minutes

- 8 oz. dried pasta, such as radiatore, bow ties, campanelle, or penne
- 1 lb. skinless, boneless chicken breast halves, cut into bite-size pieces
- Salt and black pepper
- 5 Tbsp. olive oil
- 1 medium red onion, cut into slivers
- 3 cups coarsely chopped peaches or pears
- ½ cup walnuts, toasted* and chopped
- ½ cup packed fresh basil leaves, chopped
- 2 Tbsp. balsamic or red wine vinegar

. Cook pasta according to ackage directions; drain. nse with cold water; drain. Meanwhile, sprinkle chicken th salt and pepper. In a inch skillet heat 1 Tbsp. of the over medium-high. Add cken; cook 5 to 6 minutes or browned and nearly ked through, stirring equently. Add onion; cook and stir 2 to 3 minutes more or until chicken is no longer pink. 3. Stir chicken mixture, peaches, walnuts, and basil into cooked pasta. In a small bowl whisk together vinegar and remaining 4 Tbsp. oil. Drizzle over pasta mixture; toss to coat. **Makes 8 servings** (1¼ cups each).

*TIP To toast nuts, spread them in a shallow baking pan. Bake in a 350°F oven 5 to 10 minutes or until light brown, shaking pan once or twice.

PER SERVING 323 cal., 15 g fat (2 g sat. fat), 41 mg chol., 102 mg sodium, 29 g carb., 2 g fiber, 6 g sugars, 18 g pro.



2. NECTARINE, BEET, AND GOAT CHEESE SALAD

START TO FINISH 20 minutes

- 1 5-oz. pkg. fresh baby spinach
- 2 8-oz. pkg. refrigerated cooked whole baby beets, quartered
- 2 nectarines, cut into wedges
- 1 cup shredded cooked chicken
- 1 3.5-oz. container crumbled soft goat cheese (chèvre)
- ¼ cup balsamic vinaigrette salad dressing
- Salt and freshly ground black pepper

1. Place spinach in a serving bowl. Top with beets, nectarines, chicken, and cheese. Drizzle with vinaigrette; sprinkle with salt and pepper. **Makes 4 servings** (1 salad each).

MAKE IT VEGAN Substitute one 15-oz. can chickpeas, rinsed and drained, for the chicken and swap chopped toasted walnuts for the cheese.

PER SERVING 266 cal., 13 g fat (5 g sat. fat), 43 mg chol., 519 mg sodium, 22 g carb., 5 g fiber, 17 g sugars, 18 g pro.



3. PEACHES AND CREAM TART

PREP 25 minutes
BAKE 15 minutes at 400°F
COOL 30 minutes

- 2 to 3 medium peaches or plums, halved, pitted, and thinly sliced
- 1 large lime
- 4 Tbsp. sugar
- ½ of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed
- Heavy cream
- 3 oz. cream cheese, softened
- 3 Tbsp. sour cream
- ½ cup heavy cream

1. Place peach slices in a shallow dish. Remove 1 tsp. zest and squeeze 1 Tbsp. juice from lime; set zest aside. Drizzle peaches with lime juice; sprinkle with 2 Tbsp. of the sugar. Chill, covered, until ready to serve, up to 2 hours.

2. Preheat oven to 400°F. Unfold pastry onto floured parchment paper. Roll pastry into an 11×9-inch rectangle. Using a paring knife, score a ½-inch border around the edge. (This helps the edge puff more than the center, creating a rim for the tart.) Prick pastry with a fork. Slide pastry on parchment onto a baking sheet. Brush pastry lightly with heavy cream; sprinkle with 1 Tbsp. of the sugar.

3. Bake 15 minutes or until puffed and golden brown. Remove to a wire rack; cool completely. (Pastry can be made a few hours ahead.)

4. In a medium bowl beat cream cheese, sour cream, and remaining 1 Tbsp. sugar with a mixer on medium until combined. Add the ½ cup heavy cream; beat until thickened. Spread cream cheese mixture over center of tart. Arrange fruit on top, drizzling with any accumulated juice in dish. Sprinkle with lime zest. Serve within 20 minutes. **Makes 9 servings.**

PER SERVING 277 cal., 20 g fat (8 g sat. fat), 33 mg chol., 110 mg sodium, 22 g carb., 1 g fiber, 9 g sugars, 3 g pro.



GO FOR THE GRID
Reynolds Kitchens Parchment Paper with SmartGrid makes rolling the pastry into a perfect 11×9-inch rectangle super easy.

maining piecrust on
m pastry to ½ inch
edge of plate. Fold top
dge under bottom
rimp edge as desired.
d, brush top pastry with
sprinkle with sugar. To
overbrowning, cover
pie with foil. Place a
baking sheet on rack
e in oven. Bake
es. Remove foil. Bake
minutes more or until
ubbly. Cool
ly on a wire rack.
servings.
NG *381 cal., 14 g fat
at), 0 mg chol., 218 mg
3 g carb., 4 g fiber,
rs, 2 g pro.*





BLACKBERRY-LIME DESSERT SAUCE

PREP 20 minutes
COOK 25 minutes
PROCESS 15 minutes

- 4 cups fresh blackberries
- 3 cups sugar
- ¼ cup water
- 3 large limes

1. In a 6- to 8-qt. pot combine blackberries, sugar, and the water. Remove 1 Tbsp. zest and squeeze ½ cup juice from limes. Add zest and juice to berry mixture in pot. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, about 25 minutes or until sauce is thickened and reduced to about 3 cups, stirring occasionally.

2. Ladle hot sauce into hot, clean half-pint canning jars, leaving a ¼-inch headspace. Process filled jars in a boiling-water canner 15 minutes (tips, *p. 6–9*). **Makes 3 cups.**

PER ¼ CUP *218 cal., 0 g fat, 0 mg chol., 1 mg sodium, 56 g carb., 3 g fiber, 53 g sugars, 1 g pro.*

USE IT UP

Use this dessert sauce to liven up vanilla custard, panna cotta, pudding, or ice cream. Or try layering it into a trifle or parfait.

...ot compote into three
...half-pint canning
...g a ¼-inch
...e. Process filled jars
...-water canner
...tips, p. 6–9). **Makes**
...s.
...176 cal., 0 g fat, 0 mg
...odium, 45 g carb.,
...g sugars, 0 g pro.

USE IT UP
Spoon this sweet-tart compote over a plain cheesecake or a rich chocolate cake. It also makes a great ice cream topping.



...after the drying process. To condition them ...or storing, place the cooled, dried cherries in a glass or plastic container, filling it ...out two-thirds full. Cover the container and ...it stand 7 to 10 days, shaking it daily. Any ...cess moisture will get reabsorbed into the ...ier pieces of fruit. (If moisture appears in ...he container during this time, return the cherries to the dehydrator.)



USE IT UP
To make a cherry White Russian, fill a small liqueur glass two-thirds full with Cherry Bounce then top with half-and-half. For an after-dinner treat, add Cherry Bounce to a milkshake or drizzle it over slices of vanilla pound cake.

CHERRY BOUNCE

PREP 10 minutes
STAND 4 hours
CHILL 3 weeks

- 2 qt. fresh dark sweet cherries
- 2 cups turbinado cane sugar or granulated sugar
- 3 star anise
- 4 inches stick cinnamon
- 1 tsp. whole cloves
- 1 qt. bourbon

1. In a large glass jar or a crock combine cherries, sugar, star anise, stick cinnamon, and cloves. Using a potato masher or the back of a large spoon, crush mixture lightly. Cover; let stand 4 to 6 hours at room temperature. (This helps the cherries release their juice and starts to dissolve the sugar.) Stir in bourbon. Cover loosely with a lid or a double layer of 100-percent-cotton cheesecloth. Refrigerate 3 to 4 weeks, stirring twice a week.
2. Strain cherry mixture through a fine-mesh sieve, pressing cherries gently with back of a spoon; discard solids. Pour strained liquid (this is the bounce, i.e., liqueur) into jars. Use immediately or refrigerate up to 1 month. Serve in small liqueur glasses over ice. **Makes 3 pints.**

PER ¼ CUP *162 cal., 0 g fat, 0 mg chol., 0 mg sodium, 20 g carb., 1 g fiber, 19 g sugars, 0 g pro.*

LIQUOR CHANGE-UP
If you're not a fan of bourbon, you can swap in the same amount of brandy or light or dark rum.



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RIES

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1. RASPBERRY SORBET

FOR THE FREEZER

PREP 20 minutes
CHILL 1 hour
FREEZE 10 hours
STAND 5 minutes

- 1 cup sugar
- 1 cup water
- 2 Tbsp. lemon juice
- 3 cups fresh raspberries
- 2 Tbsp. orange juice

1. For syrup, in a medium saucepan bring sugar and the water just to simmering over medium, stirring to dissolve sugar. Remove from heat; stir in lemon juice. Transfer to a medium bowl; cover and chill 1 hour.

2. In a food processor or blender combine raspberries and orange juice. Cover; process or blend until smooth. Press mixture through a fine-mesh sieve; discard seeds. Stir raspberry puree into chilled syrup.

3. Spread mixture into a 2-qt. square baking dish. Cover; freeze 4 hours or until firm. Break up mixture with a fork; transfer, half at a time if needed, to food processor or blender. Cover; process or blend 30 to 60 seconds or until smooth. Return to baking dish; cover and freeze 6 to 8 hours or until firm. Let stand at room temperature 5 to 10 minutes before serving. **Makes** servings (⅓ cup each).

STRAWBERRY-LEMON SORBET Prepare as directed, except increase lemon juice to 3 Tbsp., substitute chopped fresh strawberries for the raspberries, and omit orange juice. Omit pressing through sieve. Stir 1 Tbsp. lemon zest into chilled syrup with the puree.

CHERRY-LIME SORBET Prepare as directed, except substitute lime juice for the lemon juice; fresh or frozen unsweetened pitted tart red cherries, thawed, for the raspberries; and water for the orange juice. Omit pressing through sieve. Stir 1 Tbsp. lime zest into chilled syrup with the puree.

PER SERVING (ANY VARIATION) *110 cal., 0 g fat, 0 mg chol., 1 mg sodium, 28 g carb., 3 g fiber, 25 g sugars, 1 g pro.*

2. MIXED-BERRY LIMONCELLO SANGRIA

PREP 15 minutes
CHILL 4 hours

- 1 cup fresh raspberries
- 1 cup halved fresh strawberries
- ½ cup fresh blackberries
- 1 medium lemon, thinly sliced
- ½ of a 12-oz. can (¾ cup) frozen pink lemonade concentrate, thawed
- ½ cup (4 oz.) limoncello (lemon-flavor liqueur)
- 2 750-ml bottles Prosecco or sparkling wine, chilled
- Ice cubes

1. In a large pitcher or glass jar combine berries and lemon slices. Stir in lemonade concentrate and limoncello. Cover; chill at least 4 hours or up to 24 hours to blend flavors.

2. Just before serving, add Prosecco. Serve in glasses over ice. **Makes 10 servings** (8 oz. each).

PER SERVING *181 cal., 0 g fat, 0 mg chol., 9 mg sodium, 18 g carb., 2 g fiber, 10 g sugars, 1 g pro.*

3. TART CHERRY-NECTARINE CRISP

PREP 40 minutes
BAKE 30 minutes at 375°F

- 4 cups fresh tart red cherries, pitted, or 3 cups frozen pitted tart red cherries, thawed (do not drain)
- 3 nectarines, halved, pitted, and sliced
- ¼ cup granulated sugar
- 2 Tbsp. all-purpose flour
- ⅛ tsp. ground nutmeg
- ⅔ cup all-purpose flour
- ½ cup regular rolled oats
- ⅓ cup packed brown sugar
- 1 tsp. lemon zest
- ⅓ cup cold butter, cut up
- ½ cup coarsely chopped pecans
- Vanilla ice cream (optional)

1. Preheat oven to 375°F. In a 2-qt. shallow baking dish combine cherries and nectarines. In a bowl stir together granulated sugar, the 2 Tbsp. flour, and the nutmeg. Add to fruit; toss to coat.

2. For topping, in a medium bowl stir together the ⅔ cup flour, the oats, brown sugar, and lemon zest. Cut in butter until mixture resembles coarse crumbs. Stir in pecans. Sprinkle over fruit mixture.

3. Bake 30 to 40 minutes or until bubbly in center. Serve warm. If desired, serve with ice cream. **Makes 8 servings.**

PER SERVING 306 cal., 14 g fat (5 g sat. fat), 20 mg chol., 58 mg sodium, 44 g carb., 4 g fiber, 23 g sugars, 5 g pro.



2



3



BERRY
BET

EP 20 minutes
CHILL 1 hour
FREEZE 10 hours
STAND 5 minutes

- 1 cup sugar
- 1 cup water
- 2 Tbsp. lemon juice
- 3 cups fresh raspberries
- 2 Tbsp. orange juice

1. For syrup, in a medium saucepan bring sugar and the water just to simmering over medium, stirring to dissolve sugar. Remove from heat; stir in lemon juice. Transfer to a medium bowl; cover and chill 1 hour.

2. In a food processor or blender combine raspberries and orange juice. Cover; process or blend until smooth. Press mixture through a fine-mesh sieve; discard seeds. Stir raspberry puree into chilled syrup.

3. Spread mixture into a 2-qt. square baking dish. Cover; freeze 4 hours or until firm. Break up mixture with a fork; transfer, half at a time if needed, to food processor or blender. Cover; process or blend 30 to 60 seconds or until smooth. Return to baking dish; cover and freeze 6 to 8 hours or until firm. Let stand at room temperature 5 to 10 minutes before serving. **Makes 9 servings** (⅓ cup each).

STRAWBERRY-LEMON SORBET Prepare as directed, except increase lemon juice to 3 Tbsp., substitute chopped fresh strawberries for the raspberries, and omit orange juice. Omit pressing through sieve. Stir 1 Tbsp. lemon zest into chilled syrup with the puree.

CHERRY-LIME SORBET Prepare as directed, except substitute lime juice for the lemon juice; fresh or frozen unsweetened pitted tart red cherries, thawed, for the raspberries; and water for the orange juice. Omit pressing through sieve. Stir 1 Tbsp. lime zest into chilled syrup with the puree.

PER SERVING (ANY VARIATION) 110 cal., 0 g fat, 0 mg chol., 1 mg sodium, 28 g carb., 3 g fiber, 25 g sugars, 1 g pro.

2. MIXED-BERRY LIMONCELLO SANGRIA

PREP 15 minutes
CHILL 4 hours

- 1 cup fresh raspberries
- 1 cup halved fresh strawberries
- ½ cup fresh blackberries
- 1 medium lemon, thinly sliced
- ½ of a 12-oz. can (¾ cup) frozen pink lemonade concentrate, thawed
- ½ cup (4 oz.) limoncello (lemon-flavor liqueur)
- 2 750-ml bottles Prosecco or sparkling wine, chilled
- Ice cubes

1. In a large pitcher or glass jar combine berries and lemon slices. Stir in lemonade concentrate and limoncello. Cover; chill at least 4 hours or up to 24 hours to blend flavors.

2. Just before serving, add Prosecco. Serve in glasses over ice. **Makes 10 servings** (8 oz. each).

PER SERVING 181 cal., 0 g fat, 0 mg chol., 9 mg sodium, 18 g carb., 2 g fiber, 10 g sugars, 1 g pro.

3. TART CHERRY-NECTARINE CRISP

PREP 40 minutes
BAKE 30 minutes at 375°F

- 4 cups fresh tart red cherries, pitted, or 3 cups frozen pitted tart red cherries, thawed (do not drain)
- 3 nectarines, halved, pitted, and sliced
- ¼ cup granulated sugar
- 2 Tbsp. all-purpose flour
- ⅛ tsp. ground nutmeg
- ⅔ cup all-purpose flour
- ½ cup regular rolled oats
- ⅓ cup packed brown sugar
- 1 tsp. lemon zest
- ⅓ cup cold butter, cut up
- ½ cup coarsely chopped pecans
- Vanilla ice cream (optional)

1. Preheat oven to 375°F. In a 2-qt. shallow baking dish combine cherries and nectarines. In a bowl stir together granulated sugar, the 2 Tbsp. flour, and the nutmeg. Add to fruit; toss to coat.

2. For topping, in a medium bowl stir together the ⅔ cup flour, the oats, brown sugar, and lemon zest. Cut in butter until mixture resembles coarse crumbs. Stir in pecans. Sprinkle over fruit mixture.

3. Bake 30 to 40 minutes or until bubbly in center. Serve warm. If desired, serve with ice cream. **Makes 8 servings.**

PER SERVING 306 cal., 14 g fat (5 g sat. fat), 20 mg chol., 58 mg sodium, 44 g carb., 4 g fiber, 23 g sugars, 5 g pro.



BRANDIED STRAWBERRY JAM

PREP 25 minutes
STAND 30 minutes
FREEZE up to 1 year

- 8 cups hulled fresh strawberries
- 1⅔ cups sugar
- 5 Tbsp. instant powdered fruit pectin (tip, p. 93)
- 3 Tbsp. brandy
- ½ tsp. lemon zest

1. In a large bowl crush 1 cup of the strawberries with a potato masher. Continue adding berries and crushing until you have 4 cups crushed berries. In a small bowl stir together sugar and pectin. Add to strawberries; stir in brandy and lemon zest. Stir 3 minutes.

2. Ladle jam into clean half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature 30 minutes. Freeze up to 1 year (tips, p. 4) or refrigerate up to 3 weeks.

Makes 5 half-pints.

PER TBSP. *26 cal., 0 g fat, 0 mg chol., 8 mg sodium, 6 g carb., 0 g fiber, 5 g sugars, 0 g pro.*



Is It Done Yet?

To determine whether your jam is cooked enough, remove saucepan from heat and place a teaspoon of the jam on a small baking sheet or plate. Place in the freezer for a minute or two. The jam should be slightly set with no free juices running from it.

FOR THE FREEZER

MIXED-BERRY CHIA SEED JAM

PREP 15 minutes
COOK 15 minutes
FREEZE up to 1 year

- 2 cups sliced fresh strawberries
- 2 cups fresh blueberries
- ½ cup honey
- 2 cups fresh raspberries
- 6 inches stick cinnamon (2 sticks)
- ⅓ cup chia seeds

1. In a large saucepan combine 1 cup each strawberries and blueberries and the honey. Bring just to boiling, stirring frequently; reduce heat to medium-low. Simmer, uncovered, 5 minutes. Remove from heat.

2. Lightly mash berry mixture with a potato masher or fork. Stir in remaining strawberries and blueberries, the raspberries, stick cinnamon, and chia seeds. Bring just to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until thickened (tip, *left*). Remove from heat. Remove and discard cinnamon sticks.

3. Ladle hot jam into clean half-pint freezer containers, leaving a ¼-inch headspace. Seal and label. Freeze up to 1 year (tips, p. 4) or refrigerate up to 3 weeks.

Makes 2 half-pints.

PER TBSP. *38 cal., 1 g fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 8 g carb., 2 g fiber, 6 g sugars, 1 g pro.*



PECTIN PRIMER

Pectin is a natural substance found in many fruits that gives preserves their desired thick, gelled texture. Fruit pectin is available in several forms, including powdered, liquid, instant, or low- or no-sugar-needed pectin. Be sure to use the kind of pectin specified in your recipe to get the correct result. Look for pectin wherever other canning supplies are sold.

CHERRY–BERRY JAM

FOR THE FREEZER

PREP 25 minutes
STAND 30 minutes
FREEZE up to 1 year

- 1⅔ cups sugar
- 5 Tbsp. instant powdered fruit pectin (tip, *left*)
- 2 cups finely chopped fresh pitted tart red cherries
- 2 cups mashed fresh blueberries
- ½ tsp. lemon zest

1. In a large bowl stir together sugar and pectin. Add remaining ingredients. Stir 3 minutes.

2. Ladle jam into clean half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature 30 minutes. Freeze up to 1 year (tips, p. 4) or refrigerate up to 3 weeks.

Makes 4 half-pints.

PER TBSP. *30 cal., 0 g fat, 0 mg chol., 10 mg sodium, 7 g carb., 0 g fiber, 6 g sugars, 0 g pro.*

STRAWBERRY-BLACKBERRY JAM

PREP 25 minutes
COOK 20 minutes
COOL 2 hours STAND 24 hours
FREEZE up to 1 year

- 3 cups quartered, hulled fresh strawberries (15 oz.)
- 1 cup fresh blackberries
- 1 medium Granny Smith or other tart apple, peeled, cored, and shredded (1 cup)
- 1 cup honey
- 1 Tbsp. lemon juice
- ¼ tsp. cracked black pepper

1. In a medium saucepan combine first four ingredients (through honey). Bring to boiling over medium-high; reduce heat. Simmer, uncovered, about 20 minutes or until slightly thickened (mixture will thicken more as it cools) (tips, p. 97). Stir occasionally while cooking, using a wooden spoon to gently crush blackberries against side of saucepan. (You should have about 3 cups mixture.)

2. Stir lemon juice and pepper into berry mixture. Remove saucepan from heat; cool about 2 hours or until room temperature.

3. Ladle jam into clean half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature 24 hours. Freeze up to 1 year (tips, p. 4) or refrigerate up to 3 weeks. **Makes 3 half-pints.**

PER TBSP. *28 cal., 0 g fat, 0 mg chol., 0 mg sodium, 7 g carb., 0 g fiber, 7 g sugars, 0 g pro.*

MIND THE HEADSPACE

Food expands as it freezes, so to prevent freezer burn or leakage (yikes!) be sure to leave the recommended headspace in the freezer containers and wipe the rims clean before sealing.







SPICED PEACH JAM

PREP 25 minutes
STAND 30 minutes
FREEZE up to 1 year

- 1½ cups sugar
- 5 Tbsp. instant powdered fruit pectin (tip, p. 93)
- 3½ cups finely chopped, peeled peaches (tip, p. 58)
- 2 Tbsp. lemon juice
- ½ tsp. apple pie spice

1. In a large bowl stir together sugar and pectin. Add remaining ingredients. Stir 3 minutes.

2. Ladle jam into clean half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature 30 minutes. Freeze up to 1 year (tips, p. 4) or refrigerate up to 3 weeks.

Makes 3 half-pints.

PER TBSP. 35 cal., 0 g fat, 0 mg chol., 13 mg sodium, 9 g carb., 0 g fiber, 7 g sugars, 0 g pro.

Weeknight Pho

MAKE IT

1

Juice one half of the lime; cut remaining half into wedges. In a 4-qt. pot combine lime juice, broth, fish sauce, cinnamon, coriander, nd cloves. Bring to ling; reduce heat. mer, uncovered, utes.

2

Carefully ... into ... 20 to 30 ... cooked through.

3

Divide noodles among bowls. Spoon broth ... noodles. Top with ... green onions, and ... sriracha, chili oil ... chiles. Serve with ... **Makes 4 servings** ... ½ cup noodles + ... **PER SERVING** 322 cal., 4.5 g fat (1 g sat. fat), 46 mg chol., ... sodium, 49 g carb., 2 g fiber, 1 g sugars, 21 g pro.





- 1 small shallot, minced
- 1 cup uncooked jasmine rice
- 8 cups reduced-sodium chicken broth
- 1 bay leaf
- 3 eggs
- Zest and juice of 1 lemon
- 3 cups chopped cooked chicken
- 1 10-oz. pkg. fresh spinach, coarsely chopped
- 1 Tbsp. chopped fresh dill

Spinach and Rice Soup

MAKE IT

1

In a large pot heat 1 Tbsp. *olive oil* over medium. Add shallot; cook and stir 2 minutes. Add uncooked rice; cook and stir 1 minute. Add broth, bay leaf, and ¼ tsp. *salt*. Bring to boiling; reduce heat. Simmer, covered, 8 to 10 minutes or until rice is nearly tender.

2

In a bowl whisk together eggs and lemon juice. Slowly whisk in 1 cup of the hot broth. Whisk egg mixture into pot. Cook and stir 2 minutes or until thickened. Remove bay leaf. Add chicken, spinach, dill, and lemon zest. Cook and stir until spinach wilts. Top with zest and serve with *lemon wedges*. **Makes 8 servings** (1½ cups each). **PER SERVING** *250 cal., 7 g fat (2 g sat. fat), 116 mg chol., 727 mg sodium, 21 g carb., 1 g fiber, 1 g sugars, 23 g pro.*

HOW TO MAKE GARLIC BREAD

Cut one 16-oz. loaf baguette-style French bread in half horizontally. In a bowl combine ½ cup softened butter and ½ tsp. garlic salt. Spread on cut sides of bread halves. Reassemble loaf, wrap in heavy foil, and bake in a 400°F oven 15 minutes.



GUACAMOLE BASE FORMULA

HANDS-ON 15 MIN **TOTAL** 15 MIN
SERVES 12 **SUBMITTED BY** EATANDRUN
NEW RECIPE GO ONLINE TO RATE & REVIEW

To create a Tex-Mex-inspired board, try these combinations, opposite—or your own. Serve with plenty of dippers: tortilla chips, plantain chips, mini bell peppers, and radishes. And don't forget the margaritas (below)!

- **2 medium avocados, halved, seeded, and peeled**
- **2 Tbsp. lime juice**
- **¼ cup prepped *Fruit/Vegetable***
- **¼ cup snipped *Fresh Herb***
- **¼ cup crumbled *Cheese* (optional)**
- **1 to 2 Tbsp. minced *Kick***
- **½ tsp. salt**

Mash together avocados and lime juice in a bowl. Stir in desired Fruit/Vegetable, Fresh Herb, Cheese (if using), Kick, and salt.

armagazine.com/base-guacamole

BEER MARGARITAS

HANDS-ON 5 MIN **TOTAL** 5 MIN
SERVES 6 **SUBMITTED BY** CHEFJEFF

★★★★★ 51 REVIEWS

- **3 (12-oz.) bottles or cans Mexican beer, chilled**
- **1 (12-oz.) can frozen limeade concentrate, thawed**
- **1½ cups gold tequila**
- **1 lime, cut into 6 wedges**
- **Kosher salt**

Gently stir together beer, limeade, and tequila in a pitcher. Wipe rims of six 16-oz. glasses with a lime wedge



spicy shrimp & cabbage spring rolls

PEELED COOKED SHRIMP, HALVED LENGTHWISE
+
SHREDDED GREEN CABBAGE
+
FRESH THAI BASIL LEAVES
+
SRIRACHA SAUCE

peanutty tofu & carrot spring rolls

TERIYAKI-FLAVOR BAKED TOFU, SLICED
+
SHREDDED CARROTS
+
THINLY SLICED GREEN ONION
+
PEANUT SAUCE

chimichurri steak & bell pepper spring rolls

GRILLED STEAK, THINLY SLICED
+
THINLY SLICED RED BELL PEPPER
+
FRESH CILANTRO LEAVES
+
CHIMICHURRI SAUCE

SPRING ROLLS BASE FORMULA

HANDS-ON 15 MIN TOTAL 15 MIN SERVES 4
SUBMITTED BY THEHUNGRYSCIENTIST
NEW RECIPE GO ONLINE TO RATE & REVIEW

For a Spring Fling-themed board, try these combinations, left and opposite—or your own. Fill up your board with fresh vegetable dippers such as carrots and cucumbers. Then say "cheers" with a Basil-Cucumber Smash (opposite).

- **4 (8-inch) rice papers**
- **¾ cup cooked vermicelli noodles, snipped into small pieces**
- **4 oz. *Protein***
- **1 cup *Vegetable***
- **¼ cup *Herb***
- **2 Tbsp. *Sauce***
- **Lime wedges**

1. Fill a 9-inch pie plate with warm water. Dip one rice paper into water. Transfer to a work surface; let stand a few seconds to soften. Arrange 3 Tbsp. vermicelli noodles across the lower third of the softened rice paper. Top with 1 oz. desired Protein, ¼ cup desired Vegetable, 1 Tbsp. desired Herb, and ½ Tbsp. desired Sauce.

2. Fold bottom edge of rice paper over filling, tucking it underneath as you pull the roll toward you. Fold in sides; roll up tightly. Repeat with remaining ingredients. Serve spring rolls with lime wedges.

armagazine.com/spring-rolls-base-formula





PINEAPPLE MIMOSAS

HANDS-ON 5 MIN **TOTAL** 5 MIN
SERVES 12 **SUBMITTED BY** JULIANA HALE
NEW RECIPE GO ONLINE TO RATE & REVIEW

3 cups pineapple juice
1 (12-oz.) can frozen orange juice concentrate, thawed
1 (11.3-oz.) can apricot nectar
1 (11.3-oz.) can mango nectar
1½ cups cold water
2 (750-ml.) bottles champagne, chilled
Pineapple wedges (for garnish)

1. Stir together pineapple juice, orange juice concentrate, apricot nectar, mango nectar, and the cold water in a 1½- to 2-qt. pitcher.
2. For each serving, pour ¾ cup juice mixture into a champagne flute; top with ½ cup champagne. Garnish with a pineapple wedge.

armagazine.com/pineapple-mimosas

QUICK GLUTEN-FREE

[illegible] COCKTAIL: 199 CAL; 0G FAT (0G SAT); [illegible] CARB (1G FIBER, 23G SUGARS); [illegible] SODIUM



VANIL
APPLE
DICED



HEALTHIER MUFFINS BASE FORMULA

HANDS-ON 10 MIN TOTAL 30 MIN
SERVES 12 SUBMITTED BY EATANDRUN

★★★★★ 3 REVIEWS

Enjoy a Brinner-style board when you try these combinations, left and opposite—or your own. Round out your board with fresh fruit, yogurt, granola, and bacon. Serve with Pineapple Mimosas (opposite).

2 ripe bananas, mashed (1 cup)
¾ cup packed brown sugar
⅓ cup unsweetened applesauce
1 egg, lightly beaten
1 tsp. *Extract*
1 cup whole-wheat flour
2 tsp. baking powder
1¼ tsp. salt
1 tsp. *Spice*
½ tsp. baking soda
1 cup quick-cooking oats
1 cup *Fruit*

1. Preheat oven to 350°F. Lightly grease twelve 2½-inch muffin cups.
2. Stir together banana, brown sugar, applesauce, egg, and desired Extract in a large bowl. In another bowl, sift together flour, baking powder, salt, desired Spice, and baking soda.
3. Add flour mixture and oats to banana mixture; gently stir just until combined. (Do not overmix.) Fold in desired Fruit. Spoon batter evenly into prepared muffin cups.
4. Bake until a toothpick inserted into centers comes out clean, 15 to 20 minutes. Remove muffins from pan, transfer to a wire rack, and let cool completely.

armagazine.com/healthier-muffins-base-formula



MIMOSAS

TAL 5 MIN
D BY JULIANA HALE
E TO RATE & REVIEW

juice
zen orange juice
wed
icot nectar
go nectar

or garnish)

e, orange
ar, mango
1½- to

juice
op with

sas



"Delicious and easy to make. I used ½ cup chopped Granny Smith apples and ½ cup dried cranberries. Nice and moist."
– DNICE

"I made the peach version. Added ¼ tsp. five-spice powder with the cinnamon. Cut the brown sugar to ½ cup. Used ½ cup applesauce in addition to the bananas. Very moist. Great texture."
– CATHERINE

…APPLE MIMOSAS

…s pineapple juice
…-oz.) can frozen orange juice
…centrate, thawed
…-oz.) can apricot nectar
…-oz.) can mango nectar
… cold water
…mL) bottles
…pagne, chilled
…ple wedges (for garnish)



apple-spice muffins

VANILLA EXTRACT
\+
APPLE PIE SPICE
\+
DICED APPLES

CHOPPED SALAD WITH BUTTERMILK DRESSING

[illegible] SERVES 6 SUBMITTED BY FOODRIGHT'S YOUTH CHEF ACADEMY

★★★★★ [illegible] REVIEWS

[illegible] more than the sum of [illegible] craveable salad.

For Dressing
- 2 Tbsp. buttermilk
- 2 Tbsp. sour cream
- 2 Tbsp. mayonnaise
- 1 Tbsp. lemon juice
- 1 Tbsp. minced celery
- 1 Tbsp. minced fresh parsley
- 1 tsp. minced fresh dill
- ½ tsp. Dijon mustard
- ¼ tsp. onion powder
- ¼ tsp. salt, or more to taste
- ¼ tsp. freshly ground black pepper, or more to taste

For Salad
- 2 romaine lettuce hearts, chopped into 1-inch pieces
- 1 cup chopped cauliflower florets
- 1 large cucumber, chopped
- 1 red bell pepper, diced
- 1 carrot, chopped
- 1 celery stalk with leaves, diced
- 3 green onions, sliced
- ¼ cup sunflower seeds
- 1½ Tbsp. chopped fresh parsley

Make Dressing

1. Whisk together dressing ingredients in a small bowl until well blended. Chill, covered, up to 1 week.

Make Salad

2. Toss together salad ingredients in a large bowl. Serve with dressing. Season with additional salt and black pepper.

armagazine.com/chopped-salad-with-buttermilk-dressing

HEALTHY *QUICK* *GLUTEN-FREE*

PER 1½-CUP SERVING: 111 CAL; 7G FAT (1G SAT); 3G PRO; 3G CARB (3G FIBER, 5G SUGARS); 163MG SODIUM

salads that swing



MAKE IT A MAIN

Add **4 oz. sliced grilled steak** or chicken to each serving.

HEALTHIER PULLED PORK SANDWICHES

[illegible] · TOTAL [illegible] · SERVES 8 · SUBMITTED BY [illegible]

★★★★☆ 2 REVIEWS

- **1 cup chopped onion**
- **1½ lb. trimmed lean boneless pork shoulder, cut into 2-inch pieces**
- **1½ tsp. chili powder**
- **1½ tsp. smoked paprika**
- **1 tsp. cumin**
- **½ to ¾ tsp. ground chipotle chile pepper**
- **½ tsp. cracked black pepper**
- **¼ tsp. mustard powder**
- **½ cup water**
- **2 cups shredded red cabbage**
- **2 cups apples, cut into matchstick strips**
- **2 Tbsp. green onions**
- **¼ cup plain low-fat Greek-style yogurt**
- **2 tsp. white wine vinegar**
- **2 tsp. honey**
- **½ tsp. celery seeds**
- **¼ tsp. salt**
- **½ cup vinegar-based barbecue sauce** *[If you don't like vinegar-based sauces, try Annie's Organic Original BBQ Sauce.]*
- **8 (2-oz.) whole-wheat hamburger buns, toasted**

1. Put onion in a 4-qt. slow cooker; top with pork. Stir together chili powder, paprika, cumin, chipotle pepper, black pepper, and mustard powder in a small bowl; sprinkle over pork. Pour the water over pork. Cook, covered, on Low until pork is very tender, about 6 hours.

2. Meanwhile, for slaw, toss together cabbage, apples, and green onions in a medium bowl. In a small bowl, whisk together yogurt, vinegar, honey, celery seeds, and salt. Add to cabbage mixture; toss to coat. Chill, covered, until ready to serve.

3. Remove pork from slow cooker; shred using two forks. Return pork to juices in cooker. Stir in barbecue sauce.

4. Spoon ⅓ cup pork evenly onto each bun bottom; top each with ⅓ cup slaw and bun top.

armagazine.com/healthier-pulled-pork-sandwiches

HIDDEN GEM · HEALTHY

PER SANDWICH: 286 CAL, 5G FAT (1G SAT), 22G PRO, 37G CARB (5G FIBER, 17G SUGARS), 545MG SODIUM



HEALTHY TRICKS

Using a lower-calorie barbecue sauce, such as a vinegar-based sauce, makes all the difference. However, if you like a classic barbecue sauce better, use one with less than 50 calories per 2 Tbsp. We like Annie's brand.

Serving your sandwiches slider-style on small whole-grain buns with healthful coleslaw rather than on large buttery buns with pickles keeps sodium from skyrocketing.

SWEET AND SPICY JERK SHRIMP

[illegible]

★★★★★ [illegible] REVIEWS

[illegible] jerk-seasoned shrimp, [illegible] pineapple, roasted veggies, and spicy jalapeños. Serve with cooked brown rice or, for a lighter meal, over salad greens.

- **1½ lb. large shrimp in shells (thawed if frozen)**
- **1 (20-oz.) can pineapple slices packed in 100% juice, drained and cut into 2-inch pieces**
- **2 red bell peppers, cut into thin strips (2 cups)**
- **1 large red onion, sliced (2 cups)**
- **1 fresh jalapeño pepper, halved lengthwise, seeded, and sliced**
- **2 Tbsp. olive oil**
- **1 Tbsp. Jamaican jerk seasoning**
- **½ cup chopped fresh cilantro**
- **2 cups hot cooked brown rice**
- **Lime wedges**

1. Preheat oven to 425°F. Line two 10×15-inch baking pans with foil.

2. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp; pat dry. Gently toss together with pineapple, bell peppers, red onion, jalapeño, oil, and jerk seasoning in a large bowl. Divide mixture between prepared pans. Roast until shrimp are opaque, about 15 minutes.

3. Sprinkle with cilantro; serve with brown rice and lime wedges.

armagazine.com/sweet-and-spicy-jerk-shrimp

HEALTHY *QUICK* *GLUTEN-FREE*

PER 5 OZ. SHRIMP AND 1 CUP PINEAPPLE MIXTURE: 404 CAL, 9G FAT (1G SAT); 34G PRO; 51G CARB (5G FIBER, 12G SUGARS); 187MG SODIUM



"This was delicious and SUPER easy to make and clean up. We don't like jalapeños, so I left them out. The Jamaican jerk seasoning gave the dish just the right amount of spice for our tastes. Great served over cauliflower rice."

– CAROLE D



BLACKENED CHICKEN WITH AVOCADO-CREAM SAUCE

HANDS-ON 25 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SKINNYMOM

★★★★☆ 54 REVIEWS

- ***2 cups low-sodium chicken broth***
- ***1 cup quinoa, drained and rinsed***
- ***½ cup chopped green onions***
- ***3 tsp. lemon juice***
- ***1 tsp. salt***
- ***1 tsp. cumin***
- ***1 tsp. onion powder***
- ***1 tsp. paprika***
- ***1 tsp. black pepper***
- ***¼ to ½ tsp. cayenne pepper***
- ***4 (5-oz.) boneless, skinless chicken breasts***
- ***1½ tsp. vegetable oil***
- ***½ avocado, peeled and pitted***
- ***½ cup water***
- ***¼ cup plain Greek-style yogurt***
- ***½ tsp. garlic powder***

1. Bring broth to a boil in a saucepan. Stir in quinoa; return to a boil. Reduce heat to low; simmer, covered, until quinoa is tender and broth has been absorbed, about 20 minutes. Stir in green onions, 1½ tsp. lemon juice, and ¼ tsp. salt.

2. Meanwhile, stir together cumin, onion powder, paprika, black pepper, cayenne, and ½ tsp. salt in a small bowl. Pat chicken dry with paper towels; rub spice mixture over both sides of each breast.

3. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to skillet; reduce heat to medium. Cook, covered, 6 to 8 minutes, turning once halfway through, until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer chicken to a plate, cover loosely with foil, and let rest 5 minutes.

4. Meanwhile, blend avocado, the water, yogurt, garlic powder, remaining 1½ tsp. lemon juice, and remaining ¼ tsp. salt in a food processor or blender until smooth.

5. Serve chicken with quinoa and avocado sauce.

armagazine.com/blackened-chicken-with-avocado-cream-sauce

HEALTHY **QUICK** **GLUTEN-FREE**

PER 1 CHICKEN BREAST, ABOUT 1 CUP QUINOA, AND ¼ CUP AVOCADO SAUCE: 395 CAL; 11G FAT (2G SAT); 41G PRO; 33G CARB (5G FIBER, 2G SUGARS); 694MG SODIUM

BY TASEIA ARMSTRONG

oil in a large pot over medium
rking in batches if needed,
lla strips; cook, stirring often,
ly browned and crisp, 4 to
. Transfer to a paper-towel-
to drain.
n, chili powder, cumin, and
o pot. Increase heat to high
a boil. Stir in chicken,
and salsa. Return to a boil,
o medium-low; simmer,
chicken is cooked
o longer pink, about

, hot sauce, and half
ips. Ladle soup into
ith remaining tortilla
d queso fresco.

hicken-

GLUTEN-FREE

UP AND 3 TBSP. TORTILLA
G SAT); 24G PRO; 23G
S); 725MG SODIUM

"I doubled the sauce. My husband and I enjoyed every bite. I had orzo in the house—not quinoa—but the substitution worked well. I paired it with steamed carrots. Delish!"

– INHERITED APRON





SLOW COOKER POT ROAST AU JUS

★★★★★

- 1 (4-lb.) boneless beef chuck pot roast
- 1 Tbsp. Montreal steak seasoning
- 2 Tbsp. olive oil
- 1 beef bouillon cube
- 1 cup hot strong black coffee
- 1 (8-oz.) can tomato sauce
- 4 to 5 tsp. Worcestershire sauce
- 1 tsp. dried oregano
- Cooked polenta or mashed potatoes
- Fresh chopped parsley, for garnish

1. Rub roast with steak seasoning. Heat oil in a large skillet over medium-high heat. Sear roast until browned, about 5 minutes per side. Transfer to a 5- to 6-qt. slow cooker, halving to fit if needed.
2. Dissolve bouillon cube in hot coffee in a bowl. Stir in tomato sauce, Worcestershire, and oregano. Pour mixture over roast.
3. Cook, covered, until meat is tender, on Low 11 to 12 hours or on High 5½ to 6 hours. Skim fat from jus. Serve with polenta and sprinkle with parsley.

armagazine.com/slow-cooker-pot-roast-au-jus

PER 5 OZ. BEEF AND **1/2** CUP JUS: 318 CAL, 10G FAT (3G SAT); 34G PRO; 21G CARB (2G FIBER, 3G SUGARS); 1,051MG SODIUM

MULTICOOKER METHOD

Halve roast and rub each half with steak seasoning. Heat oil using Sauté function of an electric multicooker. Add roast halves; sear until browned, about 5 minutes per side. Dissolve bouillon cube in coffee in a bowl. Stir in tomato sauce, Worcestershire, and oregano; pour over roast. Close and lock lid; turn venting knob to seal. Select High Pressure and set timer for 45 minutes. Allow 5 minutes for pressure to build. Let pressure release naturally, about 15 minutes. Carefully remove lid. Skim fat from jus. Serve as directed.



"I've made this several times, and it's always a hit. I eliminate the water and use apple cider vinegar. I also sear the meat beforehand."

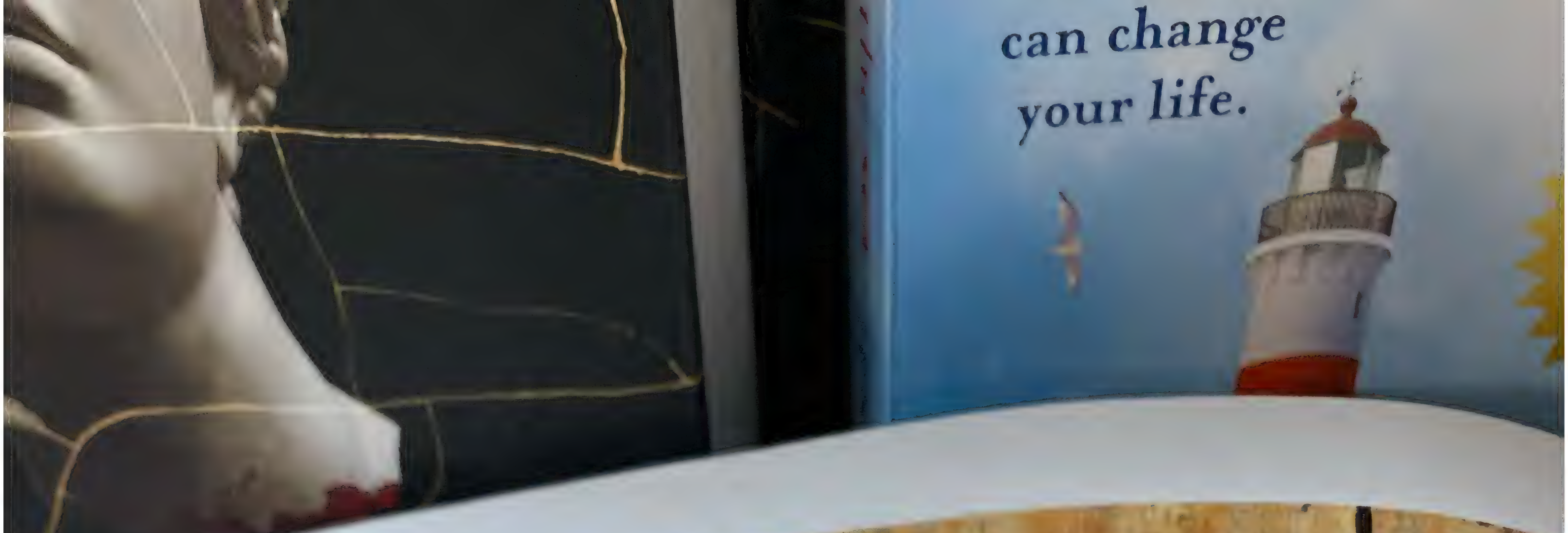
– LORRAINE

"This recipe came out terrific. I seasoned the ribs with salt and pepper, then seared them on all sides before adding to the slow cooker. The searing provides a caramelized crust on the outside of the ribs."

– LORI

MULTICOOKER METHOD

Mix together 1½ cups water, the ketchup, tomato paste, brown sugar, vinegar, mustard, and salt in an electric multicooker, stirring to dissolve brown sugar and salt. Add ribs to sauce; turn to coat. Close and lock lid; turn venting knob to seal. Select High Pressure and set timer for 30 minutes. Allow about 9 minutes for pressure to build. Let pressure release naturally, about 45 minutes. Carefully remove lid. Transfer ribs to a platter using a slotted spoon. Skim fat from sauce. If desired, select Sauté function and simmer sauce until desired consistency.



SLOW COOKER BARBECUED BEEF RIBS

HANDS-ON 10 MIN · TOTAL 8 HR, 10 MIN
SERVES 4 · SUBMITTED BY SHARRON

★★★★☆ 222 REVIEWS

- ¼ cup water
- 1 cup ketchup
- 1 (6-oz.) can tomato paste
- ¾ cup packed brown sugar
- ½ cup cider vinegar or distilled white vinegar
- 2 Tbsp. yellow mustard
- 1½ tsp. salt
- 4 lb. beef short ribs or beef back ribs
- Sliced green onion

1. Stir together water, ketchup, tomato paste, brown sugar, vinegar, mustard, and salt in a 5- to 6-qt. oval slow cooker. *[You'll need to use an oval slow cooker for the rib bones to fit.]*

2. Add ribs to sauce; turn to coat. Cover and cook on Low 8 hours. Transfer ribs to a platter using a slotted spoon; skim fat from sauce. *[From our kitchen: You'll have 2 cups of leftover sauce.]* Brush ribs with sauce and sprinkle with green onion.

armagazine.com/slow-cooker-barbecued-beef-ribs

GLUTEN-FREE

PER 7¼ OZ. MEAT WITHOUT BONES AND ¼ CUP SAUCE: 765 CAL; 31G FAT (13G SAT); 55G PRO; 66G CARB (2G FIBER, 58G SUGARS); 1,947MG SODIUM



"I've made this several times, and it's always a hit. I eliminate the water and use apple cider vinegar. I also sear the meat beforehand."

– LORRAINE

A SHEPPARD

itz



MEDITATION FOR HEALTH

Meditation has been the most effective strategy in increasing my overall health. Any activity that helps achieve a mentally clear and emotionally calm and stable state, like yoga, Pilates, or tai chi, can help improve overall health. I found that meditation helps me have a greater awareness and a healthier sense of perspective. I started learning the technique seven years ago while undergoing acupuncture treatment in Melbourne when I was first diagnosed with my illness. If meditation is not your thing, try taking a deep breath. Sit straight on a chair with your feet flat on the floor with your hands on top of your knees. Breathe in and out slowly and deeply, concentrating on your lungs as they expand fully in your chest. Deep breathing oxygenates your blood, helps center your body, and clears your mind.

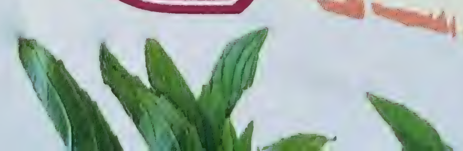
INGREDIENTS

- ☐ 3 bananas, peeled
- ☐ ½ cup blackberries
- ☐ 2 cups ice
- ☐ 1 cup water
- ☐ 4 mint leaves

METHOD

- Blend until smooth. Serve.

GLUTEN-FREE







INGREDIENTS

- ☐ 1 cup blueberries
- ☐ 1 cup ice
- ☐ 1 lime, peeled
- ☐ 2 cups cold water
- ☐ 4 cups watermelon, rind removed
- ☐ 6 mint leaves

METHOD

- Blend until smooth. Serve.

THE SECRET OF GETTING AHEAD IS GETTING STARTED.

—MARK TWAIN

BLACKBERRY F

FIONA SHEPPARD

Blueberry Spritz



INGREDIENTS
- ☐ 1 cup blueberries
- ☐ 1 cup ice
- ☐ 1 lime, peeled
- ☐ 2 cups cold water
- ☐ 4 cups watermelon, rind removed
- ☐ 6 mint leaves

METHOD
- Blend until smooth. Serve.

THE SECRET OF GETTING AHEAD IS GETTING STARTED.
—MARK TWAIN

MEDITATION[…]
HEALT[…]

Meditation has bee[…]
effective strategy in i[…]
overall health. Any[…]
helps achieve a men[…]
emotionally calm an[…]
like yoga, Pilates, c[…]
help improve overall[…]
that meditation he[…]
greater awareness a[…]
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ago while undergoi[…]
treatment in Melbo[…]
first diagnosed wi[…]
meditation is not[…]
taking a deep brea[…]
on a chair with you[…]
floor with your han[…]
knees. Breathe in an[…]
deeply, concentrati[…]
as they expand fu[…]
Deep breathing c[…]
blood, helps cente[…]
clears yo[…]



INGREDIEN[…]
- ☐ 3 bananas, […]
- ☐ ½ cup black[…]
- ☐ 2 cups ice
- ☐ 1 cup water[…]
- ☐ 4 mint leav[…]

METHOD
- Blend until[…]



INGREDIENTS

- ☐ 1 cup strawberries, tops removed
- ☐ 1 cup cold water
- ☐ 2 cups watermelon, rind removed
- ☐ ½ lime, juice only
- ☐ 6 mint leaves

METHOD

- Blend until smooth. Serve.

IF OPPORTUNITY DOESN'T KNOCK, BUILD A D

—MILTON BERLE

STRAWBERRY SPRITZ

ABOVE ALL, BE THE HEROINE OF YOUR LIFE, NOT THE VICTIM.
—NORA EPHRON



FIONA SHEPPARD

WALKING IMPROVES EVERYTHING

I feel my whole body detox while I am walking—starting from my mind and right through to my toes. I walk an hour a day on a treadmill while catching up on social media. It doesn't necessarily mean you have to walk an hour a day too. A short walk around the office or garden can immediately ...ove your mood. The great ...out walking and watching ...ies is that both release ...ins that improve mood ... levels of the stress- ...ormones cortisol and ...line. Laughing and exercise trick your nervous system into making you happy while improving your physical fitness.

INGREDIENTS
- ☐ 1 apple
- ☐ 1 lime, peeled
- ☐ 1 bunch mint
- ☐ 2 cups ice
- ☐ 2 cups water

METHOD
- Blend until smooth. Serve

INGREDIENTS
- ☐ 1 cup strawberries, tops removed
- ☐ 1 cup cold water
- ☐ 2 cups watermelon, rind removed
- ☐ ½ lime, juice only
- ☐ 6 mint leaves

METHOD
- Blend until smooth. Serve.

APPLE SPRITZ



STRAWBERRY SPRITZ



INGREDIENTS
- ☐ 1 cup strawberries, tops removed
- ☐ 1 cup cold water
- ☐ 2 cups watermelon, rind removed
- ☐ ½ lime, juice only
- ☐ 6 mint leaves

METHOD
- Blend until smooth. Serve.

APPLE SPRITZ

IF OPPORTUNITY DOESN'T KNOCK, BUILD A DOOR.
—MILTON BERLE

I feel my whole body detox while I am walking—starting from my mind and right through to my toes. I walk an hour a day on a treadmill while catching up on social media. It doesn't necessarily mean you have to walk an hour a day too. A short walk around the office or garden can immediately improve your mood. The great thing about walking and watching funny stories is that both release endorphins that improve mood and decrease levels of the stress-causing hormones cortisol and adrenaline. Laughing and exercise trick your nervous system into making you happy while improving your physical fitness.

INGREDIENTS
- ☐ 1 apple
- ☐ 1 lime, peeled
- ☐ 1 bunch mint
- ☐ 2 cups ice
- ☐ 2 cups water

METHOD
- Blend until smooth. Serve





INGREDIENTS

- ☐ 1¼ cups frozen berries (preferably a mix of blackberries, raspberries, and blueberries)
- ☐ ⅓ cup coconut cream
- ☐ ½ small avocado (or ¼ large avocado)
- ☐ 2 tbsp chia seeds
- ☐ 1 tbsp raw macadamia nuts
- ☐ Pinch of salt
- ☐ 2 tbsp unsweetened vanilla almond milk (or more as needed to thin the smoothie)
- ☐ Liquid monk fruit sweetener or stevia drops, to taste (optional)
- ☐ Toppings of choice like unsweetened coconut flakes, fresh/frozen berries, chia seeds, or hemp hearts

METHOD

- Add all of the ingredients to the blender except for the almond milk.
- Blend the mixture on high for 1 minute, then stop and scrape down the sides. Blend another 1–2 minutes on high until the mixture is smooth.
- Check the consistency. If the smoothie appears too thick, add the almond milk.
- Blend another 30 seconds. Add more almond milk if needed. The consistency should be similar to s serve—smooth an scoop with a spoo
- Taste and adj prefer



- ☐ ⅓ cup coconut cream
- ☐ ½ small avocado (or ¼ large avocado)
- ☐ 2 tbsp chia seeds
- ☐ 1 tbsp raw macadamia nuts
- ☐ Pinch of salt
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METHOD

- Add all of the ingredients to the blender except for the almond milk.
- Blend the mixture on high for 1 minute, then stop and scrape down the sides. Blend another 1–2 minutes on high until the mixture is smooth.
- Check the consistency. If the smoothie appears too thick, add the almond milk.
- Blend another 30 seconds. Add more almond milk if needed. The consistency should be similar to soft serve—smooth and easy to scoop with a spoon.
- Taste and adjust to your preference. Add sweetener if desired, but that will depend on the sweetness of the berries.
- Divide the smoothie between two bowls and add your favorite toppings (berries, chia seeds, coconut flakes, or keto granola).

Notes:

If you prefer fewer seeds in the smoothie bowl, swap the chia seeds for hemp hearts and use a berry mixture of frozen blueberries and strawberries.

This smoothie bowl is very versatile! Add in MCT oil, coconut oil, protein powder, or collagen if desired. A bit of kale, spinach, or frozen cauliflower works well too.

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Some of us think holding on

Chocolate Breakfast Mousse

SERVES: 1



Yum!

Life is about change, sometimes it's painful, sometimes it's beautiful, but most of the time it's both.

-Kristin Kreuk

INTERMITTENT FASTING

Usually I start the day with a cup of coffee while I journal, and after that I do some meditation and yoga or a quick walk. Starting the day right sets the tone for the whole day. I haven't planned to do intermittent fasting, but since I eat intuitively, I usually have a late breakfast like a big oatmeal or plentiful smoothie and end up intermittent fasting for about 13 hours, but it feels good.

INGREDIENTS

- ☐ 1 banana
- ☐ ½ avocado
- ☐ 2 tbsp rolled oats
- ☐ 2 medjool dates
- ☐ 1 tbsp raw cacao powder
- ☐ Splash of plant-based milk (depending on the consistency you like)
- ☐ Strawberries, for topping

METHOD

- Blend ingredients at a high speed and top with strawberries.

Note:
This chocolate breakfast mousse is refined sugar-free and can easily be made gluten-free as well. Just make sure the rolled oats are gluten-free.

EAT THE RAI

Eat as colorful as possible veggies, and fruits. I belie ies, from the diet and minimi rts peace oments durin find mir end time i eat as Even 15 mi uch bene ng stress ge blo e. We are rin plane ke care is r own



INGREDIENTS

- ☐ 1 banana
- ☐ ½ avocado
- ☐ 2 tbsp rolled oats
- ☐ 2 medjool dates
- ☐ 1 tbsp raw cacao powder
- ☐ Splash of plant-based milk (depending on the consistency you like)
- ☐ Strawberries, for topping

METHOD

- Blend ingredients at a high speed and top with strawberries.

Note:

This chocolate breakfast mousse is refined sugar-free and can easily be made gluten-free as well. Just make sure the rolled oats are gluten-free.

EAT THE RAINBOW

Eat as colorful as possible: lots of berries, veggies, and fruits. I believe health starts from the diet and minimizing stress. Find peaceful moments during the day and eat mindfully. Spend time in nature as much as possible. Even 15 minutes has huge benefits for easing stress and even lowering blood pressure. We are just visiting this planet, so let's take care of our environment and our own well-being.

OONA POUTIAINEN



SUMMER SUSHI WRAPS WITH TERIYAKI TOFU



MAKES: 4

Have enough courage to start and enough heart to finish.

–Jessica S. Yourko

The pre... happiness is catching ... sunset and going into ... no matter the weather.



MAMA SAID
Take one thing at a time.

CRISPY TOFU HACK

To make tofu crispy, instead of pressing it under a heavy weight, cut it into smaller pieces, freeze, and press the liquid out. I am wondering why everyone isn't talking about it! I discovered this hack only this year, but I swear by it now!

☐ 1 tbsp r...
☐ ½ tsp sa...

Tofu
☐ 1 block ...
☐ 1 tbsp c...
☐ 1 tbsp c...

Teriyaki ...
☐ 3 tbsp s...
☐ 3 tbsp r...
☐ 1 tbsp r...
☐ ½ tbsp ...

For Asse...
☐ 1 avoca...
☐ ½ cucu...
☐ 1 pack s...
☐ 4 nori sl...
☐ Bundle ...

Dip
☐ Soy sau...

METHOD
- Cook su... package... a small ... vinegar, ... Season ...
- Cut tofu ... rectangu... paper to ... of the w... and fry e... medium...
- Make th... in a sauc... ingredien... cold. Coo... while sti... starts to ... heat and ...
- Season t... teriyaki s...
- Cut the a... strawberr...
- Cut one s... and place ... avocado ... tofu on o... strawberr... rice and c... Start fold... corner ov... then ove... and stra... over the ... cilantro ... sheets ...
- Enjoy i... sauce ...

It ... la...

by the Sea

R SUSHI WRAPS
RIYAKI TOFU



INGREDIENTS
- ☐ 1 cup sushi rice
- ☐ 3 tbsp rice vinegar
- ☐ 1 tbsp maple syrup
- ☐ ½ tsp salt

Tofu
- ☐ 1 block (9 oz) firm tofu
- ☐ 1 tbsp cornstarch
- ☐ 1 tbsp oil

Teriyaki Sauce
- ☐ 3 tbsp soy sauce
- ☐ 3 tbsp rice vinegar
- ☐ 1 tbsp maple syrup
- ☐ ½ tbsp cornstarch

For Assembly
- ☐ 1 avocado
- ☐ ½ cucumber
- ☐ 1 pack strawberries
- ☐ 4 nori sheets
- ☐ Bundle of cilantro

Dip
- ☐ Soy sauce and wasabi, to finish

METHOD
- Cook sushi rice according to package instructions. Let cool. In a small bowl, mix the rice vinegar, maple syrup, and salt. Season the rice.
- Cut tofu into 4 square or rectangular pieces. Press with a paper towel to remove most of the water. Roll into cornstarch and fry every side of the tofu on medium heat with oil.
- Make the teriyaki sauce in a saucepan. Mix all of the ingredients together when cold. Cook on medium heat while stirring. When the sauce starts to thicken, remove from heat and set aside.
- Season the fried tofu with teriyaki sauce.
- Cut the avocado, cucumber, and strawberries into slices.
- Cut one side of the nori sheet and place cucumber and avocado on one corner, teriyaki tofu on one

MAMA SAID
Take one thing at a time.





tart
sh.

MAMA SAID
Take one thing at a time.



OONA POUTIAINEN

...of cilantro

Dip

- ☐ Soy sauce and wasabi, to finish

METHOD

- Cook sushi rice according to package instructions. Let cool. In a small bowl, mix the rice vinegar, maple syrup, and salt. Season the rice.
- Cut tofu into 4 square or rectangular pieces. Press with a paper towel to remove most of the water. Roll into cornstarch and fry every side of the tofu on medium heat with oil.
- Make the teriyaki sauce in a saucepan. Mix all of the ingredients together when cold. Cook on medium heat while stirring. When the sauce starts to thicken, remove from heat and set aside.
- Season the fried tofu with teriyaki sauce.
- Cut the avocado, cucumber, and strawberries into slices.
- Cut one side of the nori sheet and place cucumber and avocado on one corner, teriyaki tofu on one, rice and strawberries on the third, and rice and cilantro on the fourth. Start folding from the first corner over to teriyaki tofu, then over the corner with rice and strawberries, and finally over the corner with rice and cilantro. Repeat until the nori sheets are used.
- Enjoy immediately with soy sauce and wasabi.

It is never too late to be what you might have been.

–George Eliot



Green Goddess Smoothie





SERVES: 1

HEALI

The human b
cleanses itsel
you learn to li
is trying to te
smoothie or
your gut! If I
usually bec
nourishing gr
with a green
cliché, b

INGREDIENTS

- ☐ 2 handfuls fresh spinach
- ☐ 1 banana
- ☐ ⅔ cup mango
- ☐ Bundle of fresh mint
- ☐ ½ tsp spirulina
- ☐ ⅓ cup coconut milk
- ☐ ½ lime juice

METHOD

- Blend on a high speed and add more coconut milk if needed.

The secret to change is to focus all of your energy, not on fighting the old, but on building the new.

-Dan Millman

Goddess

...thie



HEALING WITH FOOD

The human body is extremely wise and cleanses itself. The magic happens when you learn to listen to the signals your body is trying to tell you. Whether it is a green smoothie or warming curry, literally trust your gut! If I'm feeling out of balance, it's usually because I haven't eaten enough nourishing greens, which can be easily fixed with a green smoothie. It sounds like such a cliché, but it really does the magic.

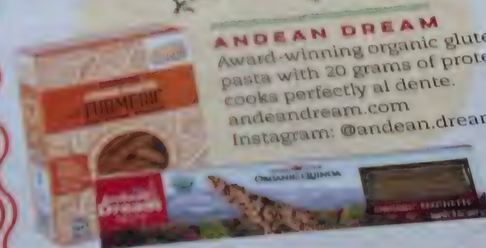


...ES:

Protein Pasta

20 grams of protein per box

Award-winning YUMMINESS



ANDEAN DREAM

Award-winning organic gluten/... pasta with 20 grams of protein ... cooks perfectly al dente.
andeandream.com
Instagram: @andean.dream

SPICY TEQUILA



give your cocktail a kick

GHOST TEQUILA

Perfectly spicy Ghost Tequila will give your cocktail a kick in the glass. 100% Agave Azul, no regrets.
spicyghosttequila.com
Instagram: @ghosttequila

SELF-CARE

safely whitens teeth



DAVIDS N... TOOTHPA...

Davids prem...
naturally so...
to safely an...
fight plaqu...
davids-usa...
Instagram...

eye recovery



YOU CAN GET IF YOU
QUIETLY, CLEARLY,
AND AUTHORITATIVELY
DEMAND IT.

-MERYL STREEP

FULL, FRESH, FUN

QUICK EASY MEALS



Strawberry Pasta



BAMBERG, GERMAN
PRIYANKA MAN
Instagram:
@thefreshleaf.vega
freshleafvegan.com

INGREDIENTS

- ☐ ½ cup cashews
- ☐ Cracked pepper
- ☐ 1 cup plant-based milk
- ☐ ½ tsp garlic powder
- ☐ 2 tsp white vinegar
- ☐ 3 tbsp nutritional yeast
- ☐ 3–4 fresh strawberries
- ☐ ½ pack pasta (8 oz)

METHOD

- Cook pasta according to package instructions.
- To a blender, add the cashews, milk, garlic powder, yeast, a pinch o salt, and vinegar.
- Add the mixture to a pa and cook for 10 minutes Add the pasta in and mi well.
- Serve with sliced fresh strawberries and cracked black pepper.

PREP TIME: 4 MINUTES

COOK TIME: 10 MINUTES

MAKES 2

WHEN YOU
DON'T KNOW WHAT
TO DO FOR YOURSELF,
DO SOMETHING FOR
SOMEBODY ELSE.

-KATHERINE CENTER



y Pasta



BAMBERG, GERMANY

PRIYANKA MANI

Instagram:
@thefreshleaf.vegan
freshleafvegan.com

INGREDIENTS

- ☐ ½ cup cashews
- ☐ Cracked pepper
- ☐ 1 cup plant-based milk
- ☐ ½ tsp garlic powder
- ☐ 2 tsp white vinegar
- ☐ 3 tbsp nutritional yeast
- ☐ 3–4 fresh strawberries
- ☐ ½ pack pasta (8 oz)

METHOD

- Cook pasta according to package instructions.
- To a blender, add the cashews, milk, garlic powder, yeast, a pinch of salt, and vinegar.
- Add the mixture to a pan and cook for 10 minutes. Add the pasta in and mix well.
- Serve with sliced fresh strawberries and cracked black pepper.

WHEN YOU ... WHAT ... URSELF, ... G FOR ... LSE.



NUT-FREE

REFINED SUGAR-FREE

SERVES 2

FEELING F

I recently discovered
I was having chia
adding flaxseed to m
I was feeling full fo
After doing some
realized that flax a
can absorb 10 time
in water, and this
makes us eat le

MIXED BERRY ICE POPS

Delicious!



MAKES 4 REGULAR

YOUR LIFE DOES NOT GET BETTER BY CHANCE. IT GETS BETTER BY CHANGE.

– JIM ROHN

COOKI WITH COLO

DELICIOUS NUTRIENT DE MEALS

BERLIN, GERMANY
HANIYEH NIKOO
Instagram: @haniyeh.nik
haniyehnikoo.com

INGREDIENTS

- ☐ ½ cup mixed fr berries
- ☐ 2 tbsp fresh le
- ☐ 1 tbsp sugar o
- ☐ 1 cup water
- ☐ A pinch of sa

METHOD

- Mix the aga lemon juice the water a berries in a sit for a few berries rele
- Spoon the bowl to yo cover ther left.
- Freeze th enjoy!

It's a simpl refreshing weather. It sugar and to use up Kids also

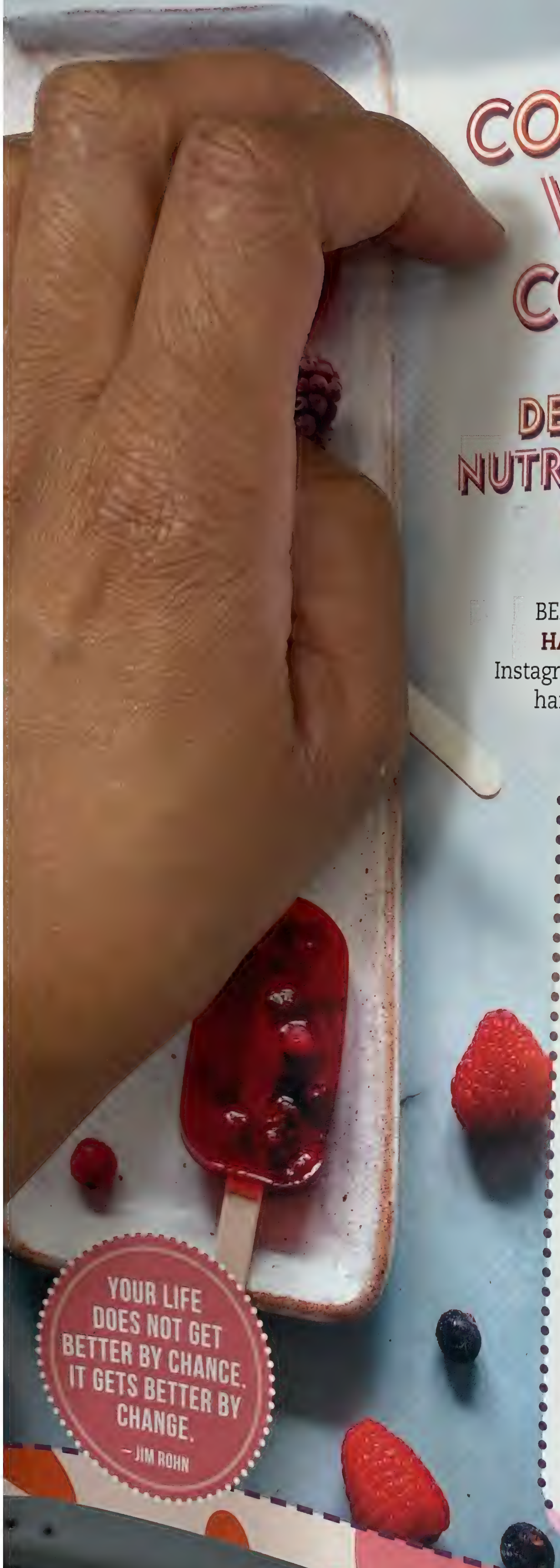
Delicious!

FROM IT.
—HARPER LEE

COOKING WITH COLOR

DELICIOUS, NUTRIENT DENSE MEALS

BERLIN, GERMANY
HANIYEH NIKOO
Instagram: @haniyeh.nikoo
haniyehnikoo.com



INGREDIENTS
- ☐ ½ cup mixed frozen or fresh berries
- ☐ 2 tbsp fresh lemon juice
- ☐ 1 tbsp sugar or agave
- ☐ 1 cup water
- ☐ A pinch of salt

METHOD
- Mix the agave or sugar, lemon juice, and salt with the water and pour over the berries in a bowl. Let it sit for a few minutes till the berries release their juice.
- Spoon the berries out of the bowl to your molds and cover them with the liquid left.
- Freeze them overnight and enjoy!

It's a simple, healthy, and refreshing snack for warmer weather. It has just a little sugar and is a delicious way to use up some frozen berries. Kids also love them.

YOUR LIFE DOES NOT GET BETTER BY CHANCE. IT GETS BETTER BY CHANGE.
— JIM ROHN

Beetroot and Orange Sal

anything else. If y
few drops of lemo
better. It cleans a
the digestion



MAK
2
SERVI

Refine
Sugar-Fr

COOKING WITH POMEGRANATES

Try cooking with pomegranates—fresh or t juice or the molasses. The sweet and sour taste can bri depth to many dishes. They delightful in salads and stew They also make beautiful sau or marinade.

TAKE THE FIRST STEP IN FAITH. YOU DON'T HAVE TO SEE THE WHOLE STAIRCASE, JUST TAKE THE FIRST STEP.
—MARTIN LUTHER KING JR.



INVEST IN YOUR BLENDER

I really love my high-performance blender because you can create the most amazing things with it. You can make nice cream or even nut butter by yourself. For me, it's a must-have in the kitchen.

Ingredients I Can't Live Without

- Nut butter
- Cinnamon
- Herbs

GLUTEN-FREE

Mama Said

To find beauty in the small things. Like flowers.

GETTING OVER A PAINFUL EXPERIENCE IS MUCH LIKE CROSSING MONKEY BARS. YOU HAVE TO LET GO AT SOME POINT IN ORDER TO MOVE FORWARD.

REFIN SUGAR-F



RAW CHOCOLATE MOUSSE TARTS

Yum!

INGREDIENTS

- ☐ 2 cups quick rolled oats (gluten-free)
- ☐ 5 tbsp almond butter
- ☐ ½ cup soaked dates
- ☐ 7 tbsp cocoa powder
- ☐ 2 tbsp coconut oil
- ☐ 4 tbsp water
- ☐ 1 cup coconut yogurt
- ☐ 7 tbsp maple syrup

METHOD

- Melt the coconut oil in a saucepan on low heat.
- Put the oats, dates, coconut oil, water, almond butter, and 3 tbsp of the cocoa powder in a blender and blend briefly on high speed until a sticky dough forms.
- Pour the dough into a tart pan and press firmly with your hands.
- Freeze for 30 minutes. Then allow to defrost for a few minutes and then release it from the tart pan.
- Mix the yogurt with the maple syrup and 4 tablespoons of cocoa until smooth. Then pour it into the tart and smooth it out.



NATURE: MY WELLNESS ESSENTIAL

What relaxes me the most is nature, to just head out with no phone or music playing in my ears and soak up nature with all my senses. That is my form of wellness.

JUDITH SCHOENEN


One summer can change your life.
MARANDA PLEASANT'S
PLANT-BASED EATS
THRIVE
SAVORY SUMMER FAVS
EATING FOR ENERGY
Hello, Healthy!
LEAN, LIGHT, EASY MEALS
NOURISHING SOUPS + HEARTY SALADS
FULLY RAW EATS
Filling
SUPERFOOD SMOOTHIES
HOMEMADE SAUCES + JAMS

DANIELLE DAVIS

INGREDIENTS I CAN'T LIVE WITHOUT

Oats | Sweet Potatoes | Dates | Bananas | Dark Chocolate

Friendship takes time and energy if it's going to work. You can luck into something great, but it doesn't last if you don't give it proper appreciation. –Betty White



BLACKBERRY COCONUT M

INGREDIENTS

- ☐ ¼ cup blackberries
- ☐ ½–1 tbsp agave, depending on your sweetness level
- ☐ 2 tbsp water
- ☐ ¼ tsp coconut extract
- ☐ Juice of ½ lime
- ☐ 5 mint leaves
- ☐ 1½ oz rum
- ☐ ½ cup coconut seltzer water
- ☐ 3–4 blackberries, for garnish
- ☐ Extra mint, for garnish
- ☐ Lime wedge, for garnish

METHOD

In a bowl, add the berries, coconut extract, agave, and water and muddle until the berries are broken down and release their juices. Strain the mixture into a shaker to remove the seeds.

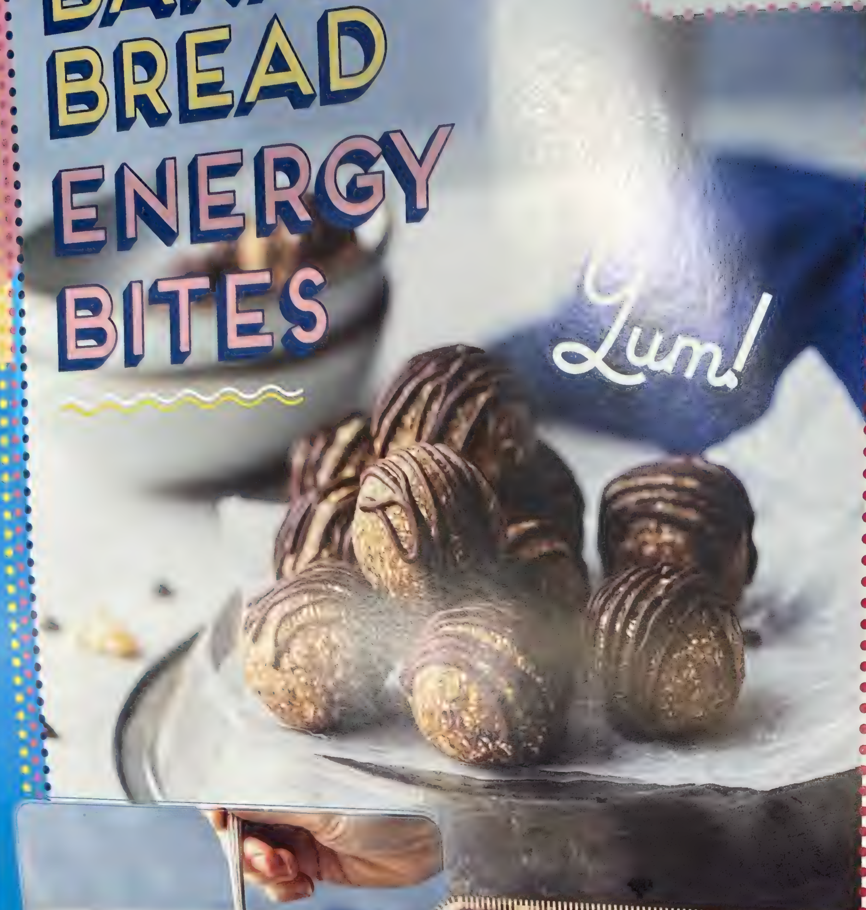
To the shaker, add in the lime juice and mint leaves and gently muddle so the mint releases its flavor. Add in the rum and ice. Shake vigorously.

Pour the mixture into a high-ball glass. Top with coconut seltzer water. Garnish with blackberries, lime wedge, and mint leaves. Enjoy!

YOURSELF; RYONE ELSE IS ALREADY TA



BANANA BREAD ENERGY BITES



FAV DETOX INGREDIENTS

Ginger and turmeric. Both are so versatile. They work in smoothies, marinades, seasoning, or in a wellness shot.

INGREDIENTS

- ☐ 6 large, pitted dates
- ☐ 1 small ripe mashed banana, about a heaping ⅓ cup
- ☐ 1 cup rolled oats
- ☐ 1 + ⅓ cups chopped walnuts, divided
- ☐ 2 tbsp hemp seeds
- ☐ 2 tbsp ground flaxseed
- ☐ 1 tsp cinnamon
- ☐ Pinch salt
- ☐ 1 tbsp chia seeds
- ☐ ¼ cup dark chocolate chips
- ☐ 1 tsp coconut oil

METHOD

- Add the pitted dates, mashed banana, rolled oats, 1 cup walnuts, hemp seeds, flaxseed, cinnamon, and salt to a food processor and process until well-incorporated and it produces a sticky batter.
- Add in the remaining ⅓ cup chopped walnuts and pulse until just combined but chunks of walnut are still present. Fold in chia seeds.
- Using a small cookie scoop or large spoon, divide the batter and roll into about 16 balls. The batter will be slightly sticky. Place in the fridge to set for at least 30 minutes.
- Add chocolate chips and coconut oil to a microwave-safe bowl. Microwave on 60% powder, in increments of 45 seconds, until chocolate is fully melted and smooth. Drizzle over balls and place in the fridge for 10 minutes or until the chocolate is hardened.
- Balls should be stored in an airtight container in the fridge for about a week (or in the freezer for up to 1 month).

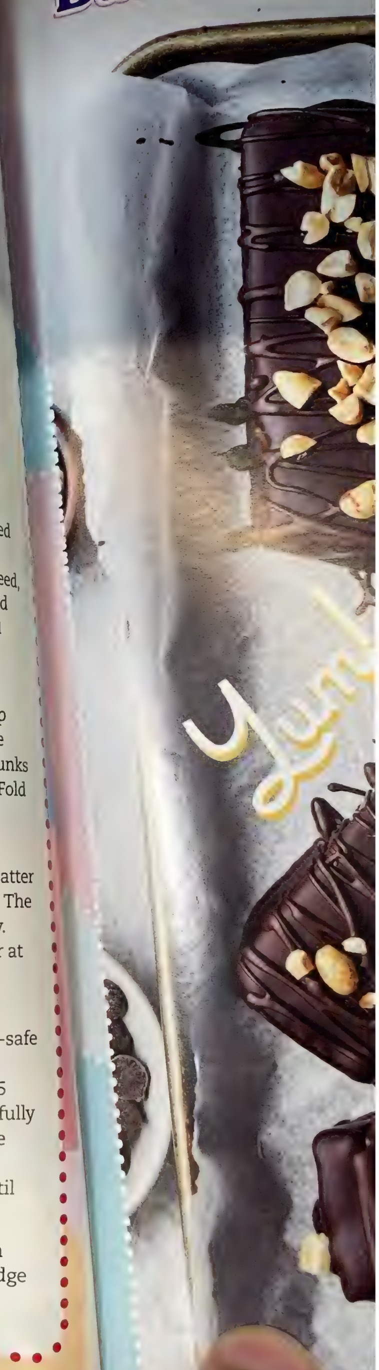




DANIELLE DAVIS

NOTHING IN LIFE IS TO BE ...

The BEST ... Butter Cara...





③
Barbecue Ribs
P. 104

NOW YOU KNOW

Rib Crib Sheet*

BABY BACK RIBS
This cut is from the upper ribs attached to the pork loin. Dubbed "baby" because of their small size, they're lean, juicy and meaty. Roast 'em, smoke 'em, eat 'em.

ST. LOUIS RIBS
These are spareribs, which are found by the belly, with the tips and skirt removed. The result is a flat, fatty rectangular rack that requires less cooking time—perfect for browning in a pan before grilling.

***Crib sheet:** *A concise set of rules for quick reference (not bedding for a baby!)*

SK THE EXPERT

There are so
any different
nds of grills on
e market now.
at type should
buy? —STEVE W.

⑦
Summer Succotash
P. 102



OUR PANTRY

Q Sauces

r these
s over any
or vegetable
eet, spicy,
ck.



4.
SLIGHT HEAT
Salt Lick Original BBQ Sauce
$30 FOR SIX BOTTLES, SALTLICKBBQ.COM



5.
THICK & SWEET
Sweet Sauce O' Mine Competition Sauce
$5.50 FOR ONE BOTTLE, SSOMD.COM



6.
VINEGAR BASED
Lillie's Q Carolina Barbecue Sauce
$7 FOR ONE BOTTLE, LILLIESQ.COM



BARBECUE RIBS

Active **20 min.** | Total **3 hr.**

- 3 Tbsp sweet paprika
- 3 Tbsp brown sugar
- 2 tsp ground cumin
- ½ tsp cayenne
- Kosher salt and pepper
- ¼ cup Dijon mustard
- 3 racks baby back pork ribs or 2 racks St. Louis–style pork ribs, membranes removed and discarded
- Favorite barbecue sauce, for basting

1. Heat oven to 350°F. In bowl, combine paprika, sugar, cumin, cayenne, 2 tsp salt and 1 tsp pepper.

2. Working on rimmed baking sheet (2 for St. Louis–style ribs), spread mustard on meaty side of ribs, then sprinkle all over with spice mixture. Wrap tightly with foil and bake 45 min.

3. Reduce oven temp to 275°F and continue baking until meat is tender and pulling away from bones, 1¾ to 2½ hr. more depending on rib type and size of rack.

4. Heat grill to medium-high. Grill ribs, basting with barbecue sauce and turning occasionally, until sticky and caramelized, 5 to 8 min. Transfer to cutting board and cut into pieces. Serve with additional barbecue sauce if desired.

SERVES 4 TO 6 *About 820 cal, 47.5 g fat (16.5 g sat), 51 g pro, 1,785 mg sodium, 44 g carb, 3 g fiber*

GH TEST KITCHEN TIP: All pork ribs have a membrane, or thin tissue, attached to their undersides. For the best flavor and texture, remove it before cooking: Slide a knife under one edge and wiggle to loosen it before grabbing the edge with a paper towel and pulling it off.

STEALS AND DEALS

BEST GRILLS UNDER $300

In our Kitchen Appliances Lab's outdoor-gr tests, these budget-friendly picks stood up against far more expensive competitors

HOW WE TEST GRILLS

The experts in the GH Kitchen Appliances Lab assessed over 50 gril kamado style, pellet and portable styles. We evaluated performance shelves, tool holders, mobility and more. During our tests we cooked to rate cooking time while keeping an eye on smoking and flare-ups. nearly 1,000 slices of bread to determine how evenly the grills heate and usefulness of smart features and connected apps when applicab







BEST TABLETOP GRILL

This small charcoal grill is solidly built and can be used for smoking too. Large handles on the sides allow for simple moving and storage, especially if you set aside the cast-iron grates, which add weight.

LAB LOWDOWN

The cooking surface is made up of two cast-iron grates that make it easy to add more coals when needed. The coal tray can be adjusted to three different heights, and the ash pan drawer spans the entire bottom of the grill for easy cleanup.

OKLAHOMA JOE'S RAMBLER TABLETOP CHARCOAL GRILL, $149, OKLAHOMAJOES.COM

BEST PORTABLE GRILL

Whether you want an option you can take on the go or one that can stand in for a full-size grill, this is a great propane-powered pick. It has cast-iron grates and three knobs that let you control the temperature easily.

LAB LOWDOWN

We were impressed with the beautiful grill marks we were able to create on burgers, hot dogs and buns in our tests. Plus, it folds down and the side shelves tuck away for easy storage and transportation.

COLEMAN ROADTRIP 285 PORTABLE STAND-UP PROPANE GRILL, $270, COLEMAN.COM

BEST-VAL GAS GRIL

Four main b side burner cooking area cook up to 2 at once. Side under-grill st an electronic system are ju of the featur make for a pl grilling exper

LAB LOWDO

This grill perf just as well as of the more e ones we teste heated evenl produced a s perfect grill r with practical smoking or fla

NEXGRILL 4-E GAS GRILL WI SIDE BURNER, NEXGRILL.CO

For more top-tested grills, go to goodhousekeeping

Chocolate-Cherry Vanilla Ice Cream Sandwiches

Hands-on 5 minutes
Total 35 minutes Serves 4

The beauty of the chocolate wafers is that they maintain their crispness and provide a nice textural balance to the smooth cherry ice cream.

- **½ cup low-fat cherry-vanilla ice cream, slightly softened**
- **8 chocolate wafer cookies**

Spread 2 tablespoons ice cream on each of 4 cookies. Top with remaining 4 cookies, and place sandwiches on a parchment paper–lined small baking sheet. Freeze, uncovered, until firm, about 30 minutes. Serve immediately, or wrap individual sandwiches tightly with plastic wrap, and store in freezer up to 1 week.

Per serving (1 ice cream sandwich): 86 Cal, 2g Total Fat, 1g Sat Fat, 105mg Sod, 15g Total Carb, 9g Sugar, 1g Fiber, 1g Pro

Strawberry-Lime Sorbet

Hands-on 10 minutes
Total 5 hours, 10 minutes
Serves 6

This frozen treat tastes just like a ripe, juicy strawberry, and the icy texture is perfect for a hot summer day.

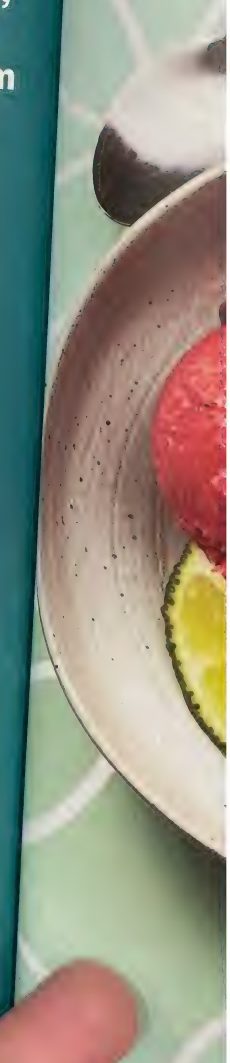
- **2 pounds fresh strawberries, hulled (about 6 cups)**
- **½ cup water**
- **½ cup granulated sugar**
- **1 tablespoon fresh lime juice**
- **1 teaspoon pure vanilla extract**
- **Lime wedges (optional)**

1. Process strawberries in a food processor until smooth, about 1 minute, stopping to scrape down sides as needed. Transfer pureed strawberries to a medium bowl.
2. Combine water, sugar, lime juice, and vanilla in a small saucepan; cook over medium, stirring constantly, until sugar is dissolved, about 2 minutes. Stir sugar mixture into pureed strawberries until thoroughly combined.
3. Pour strawberry mixture into a 9-inch square baking pan; cover with plastic wrap, and freeze until solid, about 5 to 6 hours. Break mixture into chunks, and process in food processor until smooth, 2 to 3 minutes, stopping to scrape down sides and break up larger pieces as needed. Serve immediately, or store sorbet in an airtight freezer-safe container in freezer up to 3 weeks. Garnish with lime wedges, if desired.

Per serving (about ¾ cup): 116 Cal, 0g Total Fat, 0g Sat Fat, 2mg Sod, 29g Total Carb, 24g Sugar, 3g Fiber, 1g Pro

Sweet, juicy, and loaded with vitamin C, strawberries are one of nature's healthiest desserts. The low-calorie berries are a rich source of anthocyanins, antioxidants that give them their bright red color.

Strawberry-Lime Sorbet



Sweet, juicy, and loaded with vitamin C, strawberries are one of nature's healthiest desserts. The low-calorie berries are a rich source of anthocyanins, antioxidants that give them their bright red color.



Strawberry-Lime Sorbet

Heirloom
Prosciutt



Toast Toppers

Elevate a basic slice of toast with your choice of tasty toppings.

Avocado-Strawberry Toast

Hands-on 5 minutes
Total 5 minutes Serves 1

- **1 (1-ounce) whole-wheat bread slice**
- **¼ medium avocado, mashed**
- **¼ cup sliced fresh strawberries**
- **1 tablespoon cooked and crumbled bacon**
- **1 tablespoon small fresh basil leaves**

Toast bread. Spread avocado on toasted bread. Top with strawberries, bacon, and basil leaves.

Per serving (1 slice): 189 Cal, 10g Total Fat, 2g Sat Fat, 217mg Sod, 20g Total Carb, 4g Sugar, 6g Fiber, 7g Pro

Heirloom Tomato–Prosciutto Toast

Hands-on 5 minutes
Total 5 minutes Serves 1

- **1 (1-ounce) whole-wheat bread slice**
- **2 tablespoons part-skim ricotta cheese**
- **1 teaspoon jarred refrigerated basil pesto**
- **2 heirloom tomato slices**
- **¼ ounce thinly sliced prosciutto**
- **⅛ teaspoon cracked black pepper**

Toast bread. Stir together ricotta and pesto in a small bowl. Spread on toasted bread. Top with tomato slices and prosciutto. Sprinkle with cracked black pepper.

Per serving (1 slice): 167 Cal, 7g Total Fat, 2g Sat Fat, 330mg Sod, 18g Total Carb, 7g Sugar, 3g Fiber, 10g Pro

Labneh-Cucumber Toast

Hands-on 5 minutes
Total 5 minutes Serves 1

- **1 (1-ounce) whole-wheat bread slice**
- **2 tablespoons labneh**
- **¼ cup thinly sliced English cucumber**
- **¼ teaspoon za'atar**
- **Pinch of crushed red pepper**
- **¼ teaspoon extra-virgin olive oil**

Toast bread. Spread labneh on toasted bread. Top with sliced cucumber, and sprinkle with za'atar and crushed red pepper. Drizzle with olive oil.

Per serving (1 slice): 170 Cal, 7g Total Fat, 3g Sat Fat, 185mg Sod, 16g Total Carb, 2g Sugar, 2g Fiber, 6g Pro

Peanut Butter–Carrot Toast

Hands-on 5 minutes
Total 5 minutes Serves 1

- **1 (1-ounce) whole-wheat bread slice**
- **1 tablespoon no-salt-added creamy peanut butter**
- **½ teaspoon sambal oelek (ground fresh chile paste)**
- **¼ cup thin carrot ribbons**
- **¼ teaspoon lime zest**

Toast bread. Stir together peanut butter and sambal oelek in a small bowl. Spread peanut butter on bread. To

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Carb,



Avoc

Peanut
Toast



Turkey-Basil Rolls

Hands-on 10 minutes
Total 15 minutes Serves 3

Thai seasoning blend is packed with flavor, but isn't spicy. Look for it in the Asian section of your supermarket. Prepare the filling ahead, if desired, but assemble the rolls just before serving. Use bottled sesame-ginger dressing for an easy dipping sauce.

Cooking spray
- **¾ pound ground turkey**
- **½ teaspoon salt-free Thai seasoning blend**
- **¼ teaspoon freshly ground black pepper**
- **⅛ teaspoon salt**
- **¾ cup cabbage-and-carrot coleslaw**
- **6 (8-inch) round sheets rice paper**
- **12 fresh basil leaves**
- **6 tablespoons light sesame-ginger dressing**

Fresh cilantro (optional)

1 Heat a large nonstick skillet over medium-high. Coat with cooking spray. Add turkey, seasoning blend, pepper, and salt; cook 5 minutes or until done. Combine turkey mixture and coleslaw in a medium bowl.

2 Add hot water to a large, shallow dish to a depth of 1 inch. Place 1 rice paper sheet in dish; let stand 30 seconds or just until soft. Place sheet on a flat surface. Arrange 2 basil leaves on top third of sheet. Arrange ⅓ cup turkey mixture on bottom third of sheet. Folding sides of sheet over filling and starting with filled side, roll up jelly-roll fashion. Gently press seam to seal. Place roll, seam side down, on a serving platter (cover to keep rolls from drying).

3 Repeat procedure with remaining sheets, basil, and turkey mixture. Slice each roll in half diagonally, and serve with sesame-ginger dressing as a dipping sauce. Garnish with cilantro, if desired.

Per serving (2 rolls and 2 tablespoons dipping sauce): 238 Cal, 4g Total Fat, 2g Sat Fat, 576mg Sod, 21g Total Carb, 1g Sugar, 1g Fiber, 31g Pro

BBQ Beef Sliders

Hands-on 15 minutes
Total 15 minutes Serves 4

14 14 14

Perk up cheeseburger sliders with your favorite bottled barbecue sauce, and serve with a variety of optional toppings.

1 pound 90% lean ground beef
1 teaspoon Worcestershire sauce
¼ teaspoon kosher salt
⅓ cup bottled barbecue sauce, divided
Cooking spray
4 (0.8-ounce) sharp cheddar cheese slices, each cut in half
8 whole-wheat slider buns, split
Pickles, sliced red onion, lettuce leaves, and tomato slices (optional)

1 Using your hands, combine beef, Worcestershire, salt, and 2 tablespoons barbecue sauce in a medium bowl. Shape into 8 (2-ounce) patties.

2 Heat a large skillet over medium-high, and coat with cooking spray. Add patties, and cook until lightly charred on bottom, 2 to 3 minutes. Turn patties over, and cook to medium-rare, about 3 more minutes, topping each patty with half of a cheese slice during last minute of cooking. Serve patties in slider buns with remaining barbecue sauce and, if desired, pickles, onion, lettuce, and tomato slices.

Per serving (2 sliders): 410 Cal, 15g Total Fat, 5g Sat Fat, 728mg Sod, 44g Total Carb, 9g Sugar, 2g Fiber, 37g Pro

Scallion-Beef Stir-Fry

Hands-on 15 minutes
Total 15 minutes Serves 4

10 10 7

To keep this stir-fry at a total time of 15 minutes, use precooked microwavable brown rice to serve with the steak and scallions.

1 (1-pound) skirt steak, thinly sliced against the grain
2 tablespoons soy sauce, divided
1 tablespoon canola oil
1 tablespoon toasted sesame oil
6 scallions, cut into 2-inch pieces
1 tablespoon grated peeled fresh ginger
2 cups hot cooked brown rice
Chopped scallions (optional)

1 Toss steak with 1 tablespoon of the soy sauce in a medium bowl.

2 Heat oil in a large wok or skillet over high. Add steak mixture, and cook, undisturbed, until nicely charred, about 3 minutes. Turn steak slices over, and cook until cooked through, about 2 minutes more. Transfer steak to a plate, and cover to keep warm.

3 Add sesame oil and scallions to wok; cook, undisturbed, over medium-high until scallions are lightly charred, about 2 minutes. Stir in ginger, and cook, stirring constantly, until ginger is fragrant and scallions are tender, about 2 minutes.

4 Return steak to wok. Stir in remaining 1 tablespoon soy sauce; cook, stirring often, until almost all of the sauce has evaporated and steak and scallions are well-coated, about 1 minute. Remove from heat, and serve with brown rice. Garnish with chopped scallions, if desired.

Per serving (½ cup rice and ½ cup beef mixture): 385 Cal, 17g Total Fat, 4g Sat Fat, 664mg Sod, 28g Total Carb, 1g Sugar, 2g Fiber, 28g Pro



Simple Sauces

Bottled sauces, dressings, and marinades are often loaded with sugars, fats, and preservatives. Keep these straightforward condiments on hand to serve with a variety of meats, poultry, and fish, or use them as marinades.

White BBQ Sauce

Hands-on 5 minutes
Total 5 minutes Serves 8

1 1 1

Tangy mayonnaise-based white barbecue sauce is a nice switch from tomato-based sauces and is great on chicken and pork.

- **½ cup low-fat mayonnaise**
- **⅓ cup white vinegar**
- **2 teaspoons black pepper**
- **1 teaspoon Worcestershire sauce**
- **¼ teaspoon kosher salt**
- **½ teaspoon granulated sugar**

Whisk together all ingredients in a medium bowl until well combined. Serve immediately or transfer to an airtight container and store in the refrigerator.

Per serving (2 tablespoons): 18 Cal, 1g Total Fat, 0g Sat Fat, 197mg Sod, 3g Total Carb, 0g Sugar, 0g Fiber, 0g Pro

White BBQ Sauce



Roasted Tomato Sa

Hands-on 5 m
Total 20 minu

1 1 1

Serve this sav
spread on pizz
any vegetable
that calls for b
recipe will mak

- **4 red beefste chopped**
- **¼ cup extra-vi**
- **4 garlic cloves**
- **1½ teaspoons k**
- **¼ teaspoon fe**

1 Combine toma
salt, and fenne
saucepan. Brin
medium-high;
low, and simm
broken down a
about 15 minut

2 Pour tomato m
Secure lid on b
center piece to
escape. Place a
opening. Proces
30 seconds. Ser
transfer to an ai
store in the refri

Per serving (¼ cup): 3
Fat, 182mg Sod, 1g Tot
0g Pro

Roast